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The Effect Of Mental Training To Improve The Performance Of Offensive Skills In Basketball Using (Direct And Indirect Method)

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2013

قرار لجنـــــة المناقشـــــة

اثر التدريب العقلي على تحسين أداء المهارات الهجومية في كرة السلة باستخدام الأسلوب

(المباشر والغير مباشر)

The Effect Of Mental Training To Improve The Performance Of

Offensive Skills In Basketball Using (Direct And Indirect Method)

إعـــداد

بدر فايز الإبراهيم

قدمت هذه الرسالة استكمالاً لمتطلبات الحصول على درجة الماجستير في التربية الرياضية

في تخصص التربية البدنية في جامعة اليرموك، إربد، الأردن

وافـــق علـيـهـــا

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طرق وأساليب التدريس، كلية التربية الرياضية، جامعة اليرموك

تاريخ مناقشة الرسالة

24 /10/ 2013م

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[illegible]

[illegible]

الشكر والتقدير

الحمد لله رب العالمين خالق السموات والأرض وصلى الله على سيدنا محمد خاتم الأنبياء والرسل أجمعين الذي أنقذ الله به البشرية من الضلالة وهداهم إلى صراط مستقيم وبعد.....

ولو أنني أوتيت كل بلاغة ****** وأفنيت بحر النطق في النظم والنثر

لما كنت بعد القول إلا مقصرا ***** ومعترفا بالعجز عن واجب الشكر

يسرني أن أتقدم بخالص الشكر ووافر الامتنان على ما وجدت وما أوتيت وما كان لي

من نصح وتوجيه وإرشاد لمن يستحق الشكر

للأستاذ الدكتور **وليد مارديني**

واني اقدر حجم الشكر الذي يجب أن يمتد إلى جميع من وجه وارشد وقدم

وأخص **الدكتور مازن حتاملة والدكتور محمد ذيابات**

أعضاء لجنة المناقشة الكرام

وفي الختام لا يسعني إلا أن أتقدم بالشكر الجزيل إلى جامعتي الحبيبة جامعة اليرموك وأسرة كلية التربية الرياضية لهم مني كل التقدير والاحترام.

ǀ ƑĩŇŀƟǼǁǁ ƕƊǏƏƑ5

Łơ5Ʈ!ƒ ǅƿƨ	YĂư Ăǆ!ƒ
Ɣ	ŁŢpǴǉǆ!ƒ Łǉɳ! ƨƒƨp
Ɯ	ǅƒƥŇǗƒ
ƥ	Ƨŏƥlƙ!ƒĂ ƨǂŢ!ƒ
ùŇ	ƘǴŏĂƙơǆ!ƒ ŁǆƑǴp
ɘ	ýĂƒƥɳ!ƒ ŁǆƑǴp
Ɵ	ƭơǘǆ!ƒ ŁǆƑǴp
Ʊ	ŁŏƕƨƶƒƑ Łʒǁ!ǴƕƑ ƒ Ƥǁǆ!ƒ
1	ýĂǕƒ ýƮ5!ƒ
2	ŁƪƒƧƥ!ƒ Łǆƥlǆ
3	ŁƪƒƧƥ!ƒ ŁŏǆŇƉ
4	ŁƪƒƧƥ!ƒ ŁǁǂŢǆ
5	ŁƪƒƧƥ!ƒ ƻƒƥŇƉ
5	ŁƪƒƧƥ!ƒ ƘǴŏưƨ5
6	ŁƪƒƧƥ!ƒ ƘǴơǁƱƮǆ
7	ǑǉǴǅ!ƒ ýƮ5!ƒ
8	ĭ ƨƱǉ!ƒ ƨǴƱǗƒ
26	ŁƖǴƪ!ƒ ƘǴƪƒƧƥ!ƒ
33	ŁƖǴƪ!ƒ ƘǴƪƒƧƥ!ƒ Ĭǁƶ ƭŏǁƶƙ!ƒ
35	Ł !ǴǅƒƑ ýƮ5!ƒ
36	ŁƪƒƧƥ!ƒ ƝǌǉǆƑ
36	ŁƪƒƧƥ!ƒ ŁǉŏƵĂ ƴǆƙɳǆ
39	ŁƪƒƧƥ!ƒ ƘƒĂƥƉ
41	ŁƪƒƧƥ!ƒ ƘƒǅƒƨɳƑ
43	ƘƒƨǴƕƙƤǗƒ ƭŏƕƱƙ
47	ƴǇƒƨ!ƒ ýƮ5!ƒ
48	ƝƑǴƙǉ!ƒ ƯƨƵ
51	ƝƑǴƙǉ!ƒ ŁŢpǴǉǆ
54	Ʃ ǆǴƤ!ƒ ýƮ5!ƒ
55	ƘǴŏƮĂƙ!ƒĂ ƘǴɳǴƙǉƙƪǗƒ

[illegible]

[illegible]	[illegible]	[illegible]
37	[illegible]	1
38	[illegible]	2
41	[illegible]	3
48	[illegible]	4
49	[illegible]	5
50	[illegible]	6

ƼƟǘǅǆǀ ǀǅǅǝƼ

üNjŬɛ üƬƨǁɛ

- ✓ ƗʅƒƧƥ!ƒ Ɨǆƥlǆ
- ✓ ƗʅƒƧƥ!ƒ ƗőǆNjƊ
- ✓ ƗʅƒƧƥ!ƒ ƗǅǂƬǆ
- ✓ ƗʅƒƧƥ!ƒ ƻƒƥNjƊ
- ✓ ƗʅƒƧƥ!ƒ ƘǤőưƧƼ
- ✓ ƘǤơǅƱƮǆ!ƒ ƻőƧƶk!ƒ

:ﻬ ƨ Ɛþơǁǁ ﻬƊǍơʂǅ

Ŏù ư ƓŏƧ!ƒ ýƓùȠdž!ƒ Ŏù5 ăƧﻬ ǂ!ƒ ǂŏdžǋŰƒ ƘƒƦ ƔƓž!Űƒ ǇdžǂǏƪ!ƒ ƖƧǂ ǂﻬž! Ƨﻬƙžƙ

ƖþƓùŏƨǍ ŎȠǍù!ǍǉǂƙǃƒǍ Ŏùdžǐž!ƒ ƧǍùƱƙǐ! ƒƧƲǉǍ ŰyǆžƙȠdž!ƒ ƠƑƒƧƬ ǇdžþŏþžǃƒǅƓdžƙǋƓﻬ ǏƲơƙǍ

ƔŏƧþùƙ!ƒ Ɣŏ!ƓƪƊ ƘƧǍƱƙ ƒ ƓƤ ýǂƬﻬ ǂǐƪ!ƒ ƖƧǂǍ ǄƓƵ ýǂƬﻬ ǂŏ ư ƓŏƧ!ƒ ƔƓž!Űƒ Ŏ5 ǂƪ5ƓǉdžǃƒǍ

ǍƊ Ŏǉþùﻬ!ƒ ƔùǉƓȠ!ƒ ǇùdžƇƒǍƪ Ŏ ư ƓŏƧ!ƒ ƔŏƧþƙ!ƒ ƧǍƱƙ þǀ!Ǎ Űǂƪ5ƓǉdžǃƒǍ ƧǍƱ!ƒ ƒƦǋ ǐ ƨƒǍƙ!

ƖƧƑƓùƱ!ƒǍ ǅþùǀ!ƒ ƖƧù ǂǂ ǂŏƵƓdžȠ!ƒ ǂŏ ư ƓŏƧ!ƒ ƔƓž!Űƒ ǂ5Ɠǂ Ŏ5 Ŏƪ5ǉ!ƒ Ǎƒ ŎƱƱƤ!ƒ ǍƊ ǐƧƓǌdž!ƒ

Ŏù5 ǂƓơﻬƊǍ ƘƓƪƒƧþ ǇdžǇǍƬƙƤdž!ƒ ǋﻬǅƓþ Ɠdž ǂȠŏǉ ƧǍƱƙ!ƒƦǋ ǇƓǂǍ Űǂǐƪ!ƒ ƖƧǂǍ þŏ!ƒ ƖƧǂǍ

.(1999ŰþǍžƪ!ƒ) ƘƓŏǍƙƪdž!ƒ ǂ5Ɠǂ Ŏ5 ǇŏﻬƵŭ!ƒ ƘƒƧþþ ǇŏƪơƙǍ ƧŏǍƱƙ ýŭƤ ǇdžýƓȠdž!ƒ ǂ5Ɠǂ

ǅž! ǅž!Ɠž!ƒ ýǍþ ǅƲždž Ŏ5 ǂŏ ư ƓŏƧ!ƒ ƘƓŏ!Ɠƺ!ƒǍ ƔƓž!Űƒ ƻǐƙƤdž Ŏ5 ýƬƓơ!ƒ ǅþǀƙ!ƒ Ǉƒ

ƱŏƱƤƙ!ƒ Ŏ5 ǂƛŏþơ!ƒ ǂŏdžǐž!ƒ ʂƧƱ!ƒǍ ýƑƓƪǍ!ƒ ýƓdžžƙƪŬ ǂȠŏǉǉ ǍǋǊ ýﻬ Űǂ5þƬ Ʋơdž Ǉǂŏ

ǂﻬž!Ǎ ǄƓƵ ýǂƬﻬ ƔƓž!Űƒ ǉƦǋ ăǍƙƪdž ƧǍƱƙﻬ ǇŏƛơƓﻬ!ƒ ƔǐƩƒ ǄƓdžžƙǋŬ ǂȠŏǉǍ Ŏ ư ƓŏƧ!ƒ ƔŏƧþƙǐ!

ǂŏ5ŏƲǍ!ƒǍ ǂŏƧƓǌdž!ƒǍ ǂŏǉþﻬ!ƒ ƔǉƒǍȠ!ƒ ǏǐƵ ǅǌǆdžƓdžƙǋƒ ýȠ ƔƬǉƒ þǀ5 Ű ƒ ƓƤ ýǂƬﻬ ǂǐƪ!ƒ ƖƧǂ

ǅǐžƙ Ŏ5 ǂǐƪ!ƒ ƖƧǂ ƔƵŰ þƵƓƪƙ Ŏƙ!ƒ ýﻬƪ!ƒ ý ư 5Ɗ þƓȠŏŰ ǇǍƬƙƤdž!ƒ Ǐžƪ þǀ5 ƒƦ! ŰǂŏƪǉǍ!ƒǍ

ǏǐƵ þǅžƙ ǂŏǂƧơ!ƒ ƘƒƧƓǌdžǐ! ǂŏǅǐžƙ!ƒ ǂŏǐdžž!ƒ ǇŰ ǁ!ƦǍ Ŏǉǋƒ!ƒ ƔŏƧþƙ!ƒ ǌƓǉǂǍ ƘƒƧƓǌdž!ƒ

ƖþƓŏƨ! ǇŏﻬǉƓȠ!ƒ ǇŏƦǋﻬ ǅƓdžžƙǋŰƒ Ǉdž þﻬŰ ƒƦ! ŰþơƒǍ ǇƊ Ŏ5 ǐ ƧƓǌdžǃƒǍ ŎǉǋƦ!ƒ ǇŏƧdžƙ!ƒ ǇŏﻬƱﻬƒƧƙ!ƒ

ƧŏǍƱƙǍ ƨŏǂƧƙ!ƒǍ ƇƒþŰƒ ăǍƙƪdž ƧŏǍƱƙǍ ƨŏǂƧƙ!ƒǍ Ŏǐ ư ž!ƒ þƬ!ƒ ăǍƙƪdž ǏǐƵ ƖƧƱŏƪ!ƒ ǂǐǐžƵ

.(1995 ŰþǍžơž ǇƓǉƵ) ƇƒþŰƒ ƘƓﻬǍ ǐ ƧƓǌdž!ƒ ăǍƙƪdž!ƒ

ǂùŏǉþﻬ!ƒ ƘƓǂƧơ!ƒǍ ƧƓǂ5Űƒ ǏǐƵ ǅǂơƙǃƒǍ ƖƧƱŏƪ!ƒ ǂǐǐžƵ Ŏ5 ǐ ƧƓǌdž!ƒ ƔŏƧþƙ!ƒ ǂŏdžǋŰǍ

Ǐùǐž ƖƧþù ǀ!ƒ Ŏù5 ƖþƵƓƪdž!ƒ ǂŏǋƓȠŏŰƒ ƧƓǂ5ŰƒǍ ƘƒƧƓﻬž!ƒ ýŭʒƙƪƒǍ Ŏǂƨơ!ƒ ǁǍǐƪ!ƒ ǅŏƲǉǍ

ǂùŏǐžƵ Ǐù!ɋ ýƬǍƙǐ! ǂŏǉƓǌdž!ƒǍ ǂŏǉþﻬ!ƒ ǋžƒƧﻬ!ƒ ƴ ưǍ Ŏ5 ǇŏƪƧþž!ƒ ǅƓdžžƙǋƒǍ ŰǅƲƙǉdž!ƒ ƔŏƧþƙ!ƒ

ǴnjƙǒdžǇjƙǍ Ƚǒǂ Ƨơ!ƒ ƘƒƧǴnjdž!ƒ ƔǴ˥ƙǂƒ ƯƧʒ! ȽǒǇNjƦ!ƒǍ ȽǒƧǴnjdž!ƒ ǇǑƙǒdžǒǇzƙ!ƒ ǇǑƙǇ˥Ǎ!ƒ ǇǑƕ ǇɜƒǍƙ!ƒ

(ƧùƬǴƕdž!ƒ ƧǒʓǍ ƧƬǴƕdž!ƒ) ǇǑƕǍǇ˥Ǖƒ ǇǑƦNj ǅƒþƤƙ˥ƒ ȽơǴƕ!ƒ ýǍǴơ þl5 ƒƦ! ǕǴƒþǕƒ ýưǇ5 ýþǍƙǍ

.ǴnjǇjǴlƙǫǍ ǴnjƕǴ˥ƙǂƒǍ ƘƒƧǴnjdž!ƒ ǅǇzƙ ǏǇƵ ƧǒƛƙƘ!ƒ Ǒ5 ȽƼǇƙƤdž ƘǴlǒƕƱƙǍ ƘǴƙǒþǍƙ ýǖƤ ǇǑdž

Ƚǒǅdžz!ƒ ǴnjƙǴlǒƕƱƙǍ Ǒǂ Ƨơ!ƒ ǅǇzƙ!ƒ ǅǒNjǴƼdž ýǴdžzƙ˥ƒ Ǒ5 Ƚơƕ!ƒ ȽǒdžNjǅ ǏǇƵ þǒǂƛƙ!ƒ ǑƙƛǒǍ

Ǵdžƕ ýƛdžǕƒ ýǂƬ!Ǵƕ ǴnjdžƒþƤƙ˥ƒ ƘǒþǍƙǍ ȽǇǒ˥Ǎ!ƒ ƳǍǇj þǒþơƙǍ ǅǇzƙ!ƒ ǏǇƵ ƒƧǒƛƙ ǴnjǇư5ǅ Ƚ5Ƨzdž!

ƩƧþ ƱǒơdžǍ ƻǍƧƱ ǇǑdžưǍ ȽǇ˥!ƒ lƧǂƕ Ƚǒ˥Ǵ˥Ǖƒ ƘƒƧǴnjdž!ƒ Ưzƕ ǅǇzƙ ȽƵƧ˥ Ǒ5 þƵǴ˥ǒ

ƔǴ˥ƙǂǓ ǇǑƕƵǖ!ƒ þƒþƵǫ Ǒ5 Ǒ˥Ǵ˥Ǖƒ Ǵɜƞ!ƒ ýƛdžǒ ǑǇlz!ƒ ƔǒƧþƙ!ƒ ǇǑƒ Ǵdžǂ) .ȽǒưǴǒƧ!ƒ Ƚǒƕƨƙ!ƒ

ƧǍƮƙ ǑǇlz!ƒ ƔǒƧþƙ!ƒ ǇǑdžưƙǒ Ƚǒơ ƘǴ˥5Ǵldž!ƒ Ǒ5 ýǍƤþǇ! Ƚǒǂ Ƨơ!ƒ ƻpƒǍdž!ƒǍ ƘƒƧǴnjdž!ƒ

lɜnjƞǅǍ ǅǴǂơ ǇǑdž Ƚ˥5Ǵldž!ƒ þǴzƕǅ ýǒdžƞǍ ƻƒþNjǕƒǍ ƻpƒǍdž!ƒǍ ƘƒƧǴnjdž!ƒ ý˥Ǉ˥ƙǍ Ƚǂ Ƨơ!ƒ

Ʊl5 ƘǴ˥5Ǵldž!ƒ Ǒ5 ǁƒƧƙƬǓƒ ǏǇƵ ǅdžƒþƤƙ˥ƒ ƧƮƙlǒ Ǔ ǑǇlz!ƒ ƔǒƧþƙ!ƒ ǇǑǫ ǇǑƵ ǖư5 ƘƒǍþǅǍ

ƒ ǴƤ ýǂƬƕ Ƚǒǂ Ƨơ!ƒ ƘƒƧǴnjdž!ƒ ƔǴ˥ƙǂƒ ýơƒƧdž ǑƼǍ ǅǴƵ ýǂƬƕ Ƚǂ Ƨơ!ƒ ýǴƞdž Ǒ5 ǅþƤƙ˥ǒ ýƕ

.(1996) ǇǍzdžƬ ǅǇzƙ!ƒ ȽǒǅdžƵ Ǒ5 ǴdžnjdžƒƧǍþ ǏþƋǒǍ

:ƕɜƐþǫǁƐ ƕǏǅǇjǴ

ƻpƒǍdž!ƒǍ ƘƒƧǴnjdž!ƒ ƔǴ˥ƙǂǓ ǇǑƕƵǖ!ƒ þƒþƵǫ Ǒ5 Ǒ˥Ǵ˥Ǖƒ Ǵɜƞ!ƒ ýƛdžǒ ǑǇlz!ƒ ƔǒƧþƙ!ƒ

ƘƒƧǴnjdž!ƒ ý˥Ǉ˥ƙǍ Ƚǂ Ƨơ!ƒ ƧǍƮƙ ǑǇlz!ƒ ƔǒƧþƙ!ƒ ǇǑdžưƙǒ Ƚǒơ ƘǴ˥5Ǵldž!ƒ Ǒ5 ýǍƤþǇ! Ƚǒǂ Ƨơ!ƒ

ƔǒƧþƙ!ƒ ǇǑǫ ǇǑƵ ǖư5 ƘƒǍþǅǍ lɜnjƞǅǍ ǅǴǂơ ǇǑdž Ƚ˥5Ǵldž!ƒ þǴzƕǅ ýǒdžƞǍ ƻƒþNjǕƒǍ ƻpƒǍdž!ƒǍ

Ƚǂ Ƨơ!ƒ ýǴƞdž Ǒ5 ǅþƤƙ˥ǒ ýƕ Ʊl5 ƘǴ˥5Ǵldž!ƒ Ǒ5 ǁƒƧƙƬǓƒ ǏǇƵ ǅdžƒþƤƙ˥ƒ ƧƮƙlǒ Ǔ ǑǇlz!ƒ

ȽǒǅdžƵ Ǒ5 ǴdžnjdžƒƧǍþ ǏþƋǒǍ ƒ ǴƤ ýǂƬƕ Ƚǒǂ Ƨơ!ƒ ƘƒƧǴnjdž!ƒ ƔǴ˥ƙǂƒ ýơƒƧdž ǑƼǍ ǅǴƵ ýǂƬƕ

.(1996) ǇǍzdžƬ ǅǇzƙ!ƒ

LJùdžĂ ƧTǦdž Ƨŏʒ!ƒĂ ƧTǦdž!ƒ ƔĂǁƪŰƒ DžƒϸƤķƪǦ ƗǁƪǃƒƖƧǂ Ŏ5 ƗŏdžĂƞnj!ƒ ƘƒƧǦnjdž!ƒ Cƒ϶DŽ LJŏƪơķ

.Ɨǁƪ!ƒ lƧǂ ýǦƞdž Ŏ5 ƗŏǚŏƧϸķ!ƒĂ ƗŏdžŏǁƶƩķ!ƒ ƗŏǁdžƶƩ!ƒ NJdžϸƤ Ŏ5 ƗƪƒƧϸ!ƒ ljŖNj ŅǶǦķǈ ƻŏƱĂķ ýƞƒ

:Ăǁǁ ƹ ϸyƗǁƐ Ăǁǁ hŏǁǶƟǁƐ hƨƐϸƍǁƐ lʒƍlj

.1 ƧλƒƔŏƧϸķ!ƒ Ŏǁƶƶ!ƒ Ŏ5 LJŏƪơķ ăĂķƪdž ƇƒϸŰƒ ƘƒƧǦnjdžǁ! ƗŏdžĂƞnj!ƒ Ŏ5 lƧǂ Ɨǁƪ!ƒ

DžƒϸƤķƪǦ (Ɨǁƪ!ƒ ýƽƪD LJdž ƔŏĂƮķ!ƒ ÜlƧĂǦơdž!ƒ NǁƵƧƪ ÜƧŏƧdžķ!ƒ Nǁ϶ ÜƱŏƱljķ!ƒ)

.ƧTǦdž!ƒ ƔĂǁƪŰƒ

.2 ƧλƒƔŏƧϸķ!ƒ Ŏǁƶƶ!ƒ Ŏ5 LJŏƪơķ ăĂķƪdž ƇƒϸŰƒ ƘƒƧǦnjdžǁ! ƗŏdžĂƞnj!ƒ Ŏù5 lƧùǂ Ɨǁƪù!ƒ

DžƒϸƤķùƪǦ (Ɨǁƪù!ƒ ýƽùƪD LJùdž ƔŏĂƮķ!ƒ ÜlƧĂǦơdž!ƒ NǁƵƧƪ ÜƧŏƧdžķ!ƒ Nǁ϶ ÜƱŏƱljķ!ƒ)

.ƧTǦdž Ƨŏʒ!ƒ ƔĂǁƪŰƒ

.3 ϸǦƞŏǫ ƭĂƧƽ!ƒ Ŏ5 ƧǦķƤŰƒ Ŏǁǁ!ƒ ǐϸƶǁ!ƒĂ LJŏķƵĂdžƞdžǁ! (ÜƧTǦdž ƧùŏƹƸ ƧùTǦdž) Ŏù5

.Ɨǁƪ!ƒ lƧǂ Ŏ5 ƗŏdžĂƞnj!ƒ ƘƒƧǦnjdž!ƒ Ŏ5 ƇƒϸŰƒ LJŏƪơķ

:hƨƐϸƍǁƐ lǶĭƮϸʒ

.1 ϸƞĂķ ƭĂƧ5 ƘƒŖ Ɨ!Ǚϸ ƗŏǶǦƮơǫ ϸǁjƵ ăĂķƪdž Ɨ!Ǚϸ (0.05 = α) LJŏǁ LJŏƧǦùǁķƤǙƒ Ŏùǁǁ!ƒ

DžƒϸƤķƪǦ Ɨǁƪ!ƒ lƧǂ Ŏ5 ƗŏdžĂƞnj!ƒ ƘƒƧǦnjdž!ƒ CƒϸD LJŏƪơķ Ŏ5 Ŏǁƶƶ!ƒ ƔŏƧϸķ!ƒ ƧλŰ ĭϸƶǁ!ƒĂ

.ƧTǦdž!ƒ ƔĂǁƪŰƒ

.2 ϸƞĂķ ƭĂƧ5 ƘƒŖ Ɨ!Ǚϸ ƗŏǶǦƮơǫ ϸǁjƵ ăĂķƪdž Ɨ!Ǚϸ (0.05 = α) LJŏǁ LJŏƧǦùǁķƤǙƒ Ŏùǁǁ!ƒ

DžƒϸƤķƪǦ Ɨǁƪ!ƒ lƧǂ Ŏ5 ƗŏdžĂƞnj!ƒ ƘƒƧǦnjdž!ƒ CƒϸD LJŏƪơķ Ŏ5 Ŏǁƶƶ!ƒ ƔŏƧϸķ!ƒ ƧλŰ ĭϸƶǁ!ƒĂ

.ƧTǦdž!ƒ Ƨŏƹ ƔĂǁƪŰƒ

Ǒùǁǀ!ƒ ǈJǒƧǴùƕƙPǕƒ ǈJǒƕ(0.05 = α) Ɨ!Ǖþ ǎǍƙʅdž þǉƵ ƗǒƑǴʅơǫ Ɨ!Ǖþ ƘƒƦ ƾǍƧ5 þƞǍƙ .3

ǴƒþǊ ǈJǒʅùơƙ Ǒù5 Ǒùǁǀz!ƒ ƔǒƧþùƙ!ƒ ƧƛǕ ƧTǴƕdž Ƨǒʓ!ƒǍ ƧTǴƕdž!ƒ ƔǍǁʅǕƒ Ǒ5 ǐþzƕ!ƒǍ

. ƧTǴƕdž!ƒ ƔǍǁʅǕƒ Ơ!ǴʅǍ Ɨǁʅ!ƒ ǀƧǂ Ǒ5 ƗǒdžǍƞnj!ƒ ƘƒƧǴnjdž!ƒ

:ƕƨƐþƣǁƐ ǀƑƟǂƯTDž

ýǘùP ǈJùdž Ɨǒ!ǴƛdžȚ!ƒ ǴƒþǕƒ Ɨ!Ǵơ Ǐ!ǫ ýǍʅǍ!ƒ Ǐ!ǫ ƻþnjǒ ƔǒƧþƙ!ƒ ǈJdž YǍǉ" :ǏǂƾyǁƐ ƒǐþƣƗǁƐ

ǕǴƒþǕƒ Ǒ5 ǊǂơƙȚ!ƒ ƘǒƕǍƙ! ƧƒƧǂƙ!ƒ ǀþǴƵǫ Ǐǁʅ ǀƧþǀ!ƒ ǀþǴǒƨ ydž ǕƗǒǁǀz!ƒ ƘƒƧǴnjdž!ƒ ƗǒdžǉƙǍ ƧǒǍƱƙ

".ƘǴʅù5ǴǉdžǁȚ! þƒþƵǕƒǍ ǴǴ5T!ƒ ǀþǴƵǫǍ ǴǴPƧƙʅǕƒ Ǐǁʅ ǀƧþǀ!ƒ ydž ǕƔǒƧþƙ!ƒ ǊǴƱǉ ƗǒƵǍǉ ƧǒǍƱƙǍ

.(1999 ǕǑdžǒʅǍ!ƒ)

ǈJǒǉƒǍùþ ƾ5Ǎ Ǒʅ5ǴǉƙȚ!ƒ YƒƧʅ!ƒ yƕǴƱ ƦPǁƙ ƗdžƱǉdž ǈJǒǀǒƧ5 ǈJǒƕ ƗǒƵǴdžƞ Ɨƕz! ǑǋȚ :ƕǂƨǁƐ ƔþǀȚ *

.(ǑƑƒƧƞǫ ƻǒƧzƙ) .ǈJǒǀǒƧ5!ƒ ǈJǒƕ ƨƑǴ5!ƒ þþơƙǍ ǋdžǂơƙ Ɨǒ!Ǎþ

Ɨùǒơ!ƒ ǕǁƦǴùdžǉȚ!ƒ ǀþǊǴTùdž ýǘP ǈJdž ƗǉǒzdžȚ ǀƧǴnjdž ƻʅǍ! ǀǴƒƧǀ!ƒ :þʅƑǴǄǁƐ ǏǂƾyǁƐ ƒǐþƣƗǁƐ *

.(ǑƑƒƧƞǫ ƻǒƧzƙ) .(ǉǴƕƙǉǕƒ ýǒǍơƙǍ ǕyǒƨǍƙ!ƒ Ǖƨǒǂƨƙ!ƒ) Ǐǁʅ ýdžƙTǒǍ

YǴdžƙùʅǕƒ ǕǊǘù5ǕƒǀþǊǴTdž ǕƗǉǒzdž ǀƧǴnjdž ƻʅǍ! ǀǴƒƧǀ!ƒ : þʅƑǴǄ þǐƩǁƐ ǏǂƾyǁƐ ƒǐþƣƗǁƐ *

ƗǒƑƧdž!ƒǍ Ɨǒzdžʅ!ƒ ýƑǴʅǍ!ƒ ǈJǒƕ ǋdžþ!ƒǍ ǕƘǴdžǒǁzƙ!ƒ ƗƕǴƙǂ ǕƗǒơ!ƒ ǕǁƦǴdžǉȚ!ƒ ǀþǊǴTdž ǕǀƧǴnjdž!ƒ ƻʅǍ!

.(ǑƑƒƧƞǫ ƻǒƧzƙ)

Ĭ ǳƑøǩǁǀ üøƬƻǁǀ

- ✓ ǎ ƥuƞǳǁǀ ƥƑƱǗǀ
- ✓ ƕƭƓƑƨ ǁǀ ƚƑƨ ǀƥơǁǀ
- ✓ ƕĭƓƥyǁǀ ƚƑƨ ǀƥơǁǀ
- ✓ ƕĭƓǳƜǓǀ ƚƑƨ ǀƥơǁǀ
- ✓ ƚƑƨ ǀƥơǁǀ ǍǂY ƼĭǂyƗǁǀ

الإطار النظري:

التدريب العقلي:

تعد المهارات العقلية التي يتميز بها الإنسان من بين أهم العوامل والمحددات في عملية تعلم وتدريب المهارات الحركية والتي اهتم بها العاملون في المجال الرياضي لغرض دراسة ومعرفة الفروق الفردية بين الأشخاص .

ويرى (مصطفى حسين باهي وسمير عبد القادر) بأن "المهارة العقلية ذات أهمية في أداء المهارات الرياضية ، فهي التي تمكن الرياضي من الوصول إلى حالة عقلية تمنع دخول الأفكار السلبية والمشتتة إلى نشاط الرياضي .

فإذا استطاع الرياضي تنفيذ مهارة عقلية تنفيذا ناجحا لمرة فهذا يعني انه يمتلك القدرة البدنية لتحقيق ذلك كلما حاول، ولكنه قد لا يفضل لأن عقله يتداخل على نحو غير سليم ويفسد هذا التآزر والتوافق الجسمي والعضلي ولا يعززه .وتماثل عملية تطوير المهارة العقلية في الرياضيين الناشئين عملية تطوير المهارات التقنية ، ففي التطوير التقني نوضح لكل واحد منهم أكثر الأساليب كفاءة في أداء مهارة خاصة مع تقديم النصح له بشأن استخدامها ومع تحسن أداء الرياضي يتكيف هذا الأسلوب الكلاسيكي بما يتناسب مع نمط الجسم والقوة وطول الأطراف والشخصية بما يختص برياضي معين.

مفهوم التدريب العقلي:

تعد فكرة التدريب العقلي من الأفكار القديمة التي بدأت أواخر القرن التاسع عشر، وتم عدها من الموضوعات الحديثة في أيامنا هذه لزيادة الاهتمام بالألعاب الرياضية المختلفة، ولزيادة شدة المنافسة, *(Weinberg,et.al.1991)* مما أدى للتوجه نحو مختلف أنواع

(Morgan, 1972)

Rushal,)

(1979

(Singer,1980)

(JayMaikes, 1987)

(1996)

(1999)

ǑùǁƖƶ!ƒ ƧǍƬùƙ!ƒ ăǍƙƪ dž ƴƼƧ ǏǁƵ ýdžƶ!ƒ ƗǒdžǸǗƒ LJdžǍ ƗǒǂƧơ!ƒ ǀƧǴnjdžǁ! ǑnjƽƬ!ƒ ƟƧƬ!ƒ LJƵ

.ǑưǴǒƧ!ƒ ƪǍƽƙ!ƒ Ǒ!ǫ ýǍƬǍǁ!

- ƸƐǭǉǯ ƒĭƥǭƗǁƐ ǏǂƪƴƐ:

- ǒnjƥ ƻ ƴǮƧƥƙ!ƒ ƔƖƶ ǑǁƖƶ!ƒ ǏǫǮ:

- ǀƥǴƨ نو ƵǒƗ ơǴ!Ɨ ǗƒƥƇƒ ƗǒǴdžǮ!ƒ ƗǃƪƒǍ ƍƪ تطوير ǍǧǴdžǮǒƗ ƔƒƧǴnjdžǁ!ƒ ǁƖƶ!ƒ ƗǒǁƧƙƗ dž!ƒƗ ƍ.
- ǀƥǴƨ ǏǁƵ ǀƧƥǀ!ƒ ǫƵǴƥǀ رƒǂƙ!ƒ ƧƒƘƙǑǒǍƘ ơǂǁdžƙ!ƒǍ ǑƼ ƗǃƪƒǍ ǮǴǗƒdž!ǑƋ.
- ǫƶƒƙǍƚǂ ƵƔƒǅǂdž dž!ǁƍƒƨǍƧ ƵǴdž!ƒ Ǘƥǃƒ.
- ƪƒǵƙ ƗǍǧƪ ƗǁƍƧƙƪ ƍdž Ʒƥǫƪ ǍǧǂƗ ƧǍƨƥƙǴǬ ƔǴƙƪ dž ƧƙƍƙƪǍ ƪǍǁƨƨ ǐǍǂƙ!ƒ ƗƃƪƒƇ.
- ƪǗƙƪ ƔǮƧƥƙ!ƒ من ƥǴƶǀ ƔǮƧƥƙ!ƒ ƥǴƥƙ!ƒ ƵǒƗ طريق ƍǍǧƒƧ ƗǁƍƒǅƵǁƥǍ ǀƧƥǍ ƔǮƧƥƙ!ƒ.
- !ƒƬƽǴǃƒ من رƒƽƙ!ƒ ƗǍǒƧƥƙ!ƒ.
- تطوير ƥƒǃƇ ƔǒǴnjdžǁ!ƒ ǁƖƶ!ƒ ǍƒǗƵƒǀ ǁdžǴƽƙƍƃ.
- تطوير ǍǧǴdžǮǒƗ !ƒƬƬǒƗ.
- ƧǍǧƪ !ƒƬơǒƗ !ƒǴdžǴǀƗ.

- مرحل ǏǂƪƴƐ ƒĭƥǭƗǁƐ ƸƐǭǉǯ:

ǑǁǉƙǏ ƔǮƧƥƙ!ƒ ǑǁƖƶ ǏǫǮ ƨǗǉƗ مرحل ǑǸ :

Ǎ ١ مرƟǂƗ ǯǒǭƔǮ ƐǉǉǭƸǏ (ƐǉǉǭƸǏ ǈǯƙǉƐǉ) Mental Conditioning

ǍƥǀǏǴ ǍǍ!ƒ ǁƖƶ!ƒ ǁƘƒ! ƒ !ƒǴƘ ƧƙǴƶǁǁǁ ǏǫǮ ƗǁơƧǴƙǁ ǫǁƑ Ǎǁƶ!ƒ State Of Mind ƗǁƟǍǂƗ ƒǴ!ƬǶو

ƒǴƍ!ƒ " ƧǁƵƒ ơǴ!Ɨ " ƥǍǂƙƒ ǀǁƙǵƒǍ ƨƙǴǴǎƪƒǍ ơǂƙ!ƍǁ ƨǴƫƙǁƒǍ ǴǒǁǵƗ من ǑǁƼƪƒǍ :ýǗƿ

- ǀƗƿƧƙƪǗƒ ǑƧǁǁƸǴƒǍ ǑǁƖƶƒǍ.

- ƔǮƧƥƙ!ƒ ƧǁǂǴdžǁƐ ǏǁƵ ǀƗǒǂƟǗƒ ǑƙƒƟƙ.

Mental Technique Training ƕĭǂƨƴǁƐ Ăǂϒ ƒĭƥƣǂǁƐ ƕǂϴƥǄ ı č

ǇŏĂǂƙ!ƒ ÜŎƙƒƦ!ƒ ǊŏƞĂƙ!ƒ ƽƧƱ ÜŎƙƒƦ!ƒ ǄǂƠƙ! ǂǁŏƥƕ!ƒ ǄƱǇ!ƒ ǄŏǁƶƙĂǋ ǂǁƠƧǆ!ƒ ǉƦǋ Ƨƥǋ

:ýűƤ من ýŏƥƕ!ƒ ǑƵĂ!ƒ ǂ!ǴƠƕ ǴǌƱǴƕƙƧǴƕ ǴǋƧŏƛƌƙ Ǵǌ! Ŏƙ!ƒĂ Ŏǁƶ!ƒ ƧĂƬƙ!ƒ ƽطرĂ

- ƘǴƠƒƧƙƥŰƒ ƖƧƬǴƕǆ!ƒ ƺرƹŏĂ ƖشرǴƕǆ!ƒ .

- ƬƙƧ ƨƧوƬƙ!ƒ ƺرŏƬƥ ăƥǆ!ƒ طويلĂ ăƥǆ!ƒ .

Mental Strength Training ƕĭǂƨƴǁƐ ǌǋƽǁƐ ƒĭƥƣǂ - 3

:ýűƤ من ǴǌǀŏƕƱƙĂ ǂŏǇǴƛ!ƒĂ Ĭ!ĂǕƒ ǂǁƠƧǆ!ƒ ǑƼ ǂŏǁƶ!ƒ ƘƒƧǴǌǆ!ƒ ǈǆƥ Ĭ!ǫ Ƨƥǌ

- ǂƱƠűǆ!ƒ ƘƒƧǴǌǆ ƧŏĂƱƙĂ Ɣ ŏƧƥƙ .

- ƔŏƧƥƙ!ƒ ǑƶƼƒƥ!ƒ "ƴŏǆƞƙ ار!ƒ ƘƒƧ ǕƒĂ Ƨ ƒƥǋǕ ".

- ƔŏƧƥƙ ƘǴǋǴƞƙǕƒ ǂƹǴŏƬ ǀƥǴƵǫĂ ƘǴǋǴƞƙŰƒ.

- ƔŏƧƥƙ ƘƒƧǴǌǆ!ƒ ǂŏǁƶ!ƒ " ÜƧوƬƙ!ƒ ÜƨŏǂƧƙ!ƒ ÜǉǴƕƙǇŰƒ ǆƙ ƤƧƙƪŰƒ ".

- ǂ!Ǵƙ!ƒ ǂŏƞƒƨǆ!ƒ " ǂƶƙǆ!ƒ ƒĂƤ!حƙ ƘƒǂƞǇ!ƒ "ǂƙƞǂ.

- ǀƧƱŏƪ!ƒ Ĭǁƶ ǂƼƱǴƶ!ƒ ƥƧĂ ƶƼ!ƒل.

[illegible]

[illegible]

[illegible]

1 . [illegible]

Psychoneuro Muscular Theory Muscle Memory

[illegible]

(Williams,1993) [illegible]

2 . [illegible]

Symbolic Learning Theory Mental Blueprint

[illegible]

(1995 [illegible]) [illegible]

3 . [illegible]

Bio-informational Theory Response Set

[illegible]

[illegible]

[illegible]

: ([illegible]) [illegible] . 4

Attentional-Arousal Set Theory Mental Set

[illegible]

[illegible]

[illegible]

(Williams,1993) [illegible]

: [illegible]

[illegible] Mental Skills [illegible]

: [illegible]

Relaxation [illegible] :[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

: [illegible] 1995

YƒĂùǈ Ƙƒʀ Ɣŏ!Ǵù˥ǅ Ǉǆưƙŏ Ă: Muscular Relaxation: Ŏǁưƶ!ƒ ǄǴƤƧƙ˥Ǘƒ .1

Progressive Ŏǂǵǵùƶƙ!ƒ ǄǴƤƧƙù˥Ǘƒ ƳǴùǌǉǆĂ ƻƥùǌ!ƒ Ŏ5 ƨ5ƙƙ Ǵǌǉǂ!Ă ǉƥƥƶƙǆ

ǄǴƤƧƙù˥Ǘƒ ǗImagery Relaxation ŎùǁŏƤƙ!ƒ ǄǴƤƧƙù˥Ǘƒ Relaxatio

Self-Directed ŎƙƒʀùǗƒ ǄǴƤƧƙù˥Ǘƒ ǗRelaxation Localized Ŏƶùưǆ!ƒ

ǗRelaxation Through Exertion Ǘƥùǌƞ!ƒ ýǘùƤ ǄǴƤƧƙ˥ǗƒRelaxation

ǂùŏƦƙ!ƒ ǄǴƤƧƙ˥ƒĂ ǗThe One Breath Relaxation Ǘ ƥơƒĂ!ƒ Σ5ǉ!ƒ ǄǴƤƧƙ˥ƒ

(Bio-feedback Relaxatio 1995) ǂƶƞƒƧ!ƒ

ǂùǁơƧǆ ƨǂ˥ùƙ Ŏùƙ!ƒ ǂǁơƧǆ!ƒ ĂǋĂ Mental Relaxation :Ŏǁƶ!ƒ ǄǴƤƧƙ˥Ǘƒ .2

Relaxation Response ǗǄǴƤƧƙù˥ǘ! ǂǂǴƞƙù˥Ǘƒ: ǇǆưùƙŏĂ Ŏǁƶ!ƒ ƧĂƮƙ!ƒ

(Breath ǗΣ5ǉùƙ!ƒ Ŏù5 Ǆǂơƙ!ƒ).Relaxation Cognitive ƻƧƶǆ!ƒ ǄǴƤƧƙ˥ǗƒĂ

ǊùǉǄ ǄǴƤƧƙ˥Ǘƒ ƻŏƧƶƙ Ĭ!ǫ ǇĂƶǆƬ ƧǴƬǅ ǴǉǋǇǆĂ (1996) ǗǇĂƶǆƬControl

ǇùǆǂùǁǆǴǂ!ƒ ǉƥǴ5ƙ˥ǗƒĂ ǇơƬ!ƒ ǉƥǴƵǂ Ơǆ˥ŏ ƱǴƬǉ!ƒ Ǉǆ ƥǆƶƙǆĂ Ƙƥƍǆ ƔǴơ˥ǉƒ"

".ǂŏǉƥǂ!ƒĂ ǂŏǁƶ!ƒ ǂƥǴƱ!ƒ

(**Mental Imagine**) ĬǂƨƴǁƐ ƥǋƬǂǁƐ : ƒǐǆƒƙ

Ĭùǉƶǆ ǇùƵ Ŏùưǁŏ Ƨ!ƒ ýǴƞǆ!ƒ Ŏ5 ǄƒƥƤƙ˥Ǘƒ ǂƶƒǴƬ!ƒ ƘǴơǁƱƮǆ!ƒ Ǉǆ ƥŏƥƶ!ƒ ƥƞĂƙ

ǁùǃʀ ǇùǆĂ ǂ˥ù5Ǵǉǆ!ƒ ýǂǵ ǴŏǉǋƦ ƔƵǘ!ƒ ƻƮƙ! ƻƥƒƧǆ Ăơǉ ĬǁƵ ǄƥƤƙ˥ƙĂ Ŏǁƶ!ƒ ƧĂƮƙ!ƒ

Mental ŎǉǋƦù!ƒ ǇŏƧǆƙ!ƒ Ǘ Visualization ĭƧƮǂ!ƒ ƧĂƮƙ!ƒ Ǘ Imagery ŎǉǋƦ!ƒ ƧĂƮƙ!ƒ

Ăǅ Ĭǆ˥ùǆ!ƒ ǇùƵ ƧùƱǉ!ƒ ƻƧƮùǂĂ Mental Rehearsal ǂŏǉǋƦ!ƒ ǂƶƞƒƧǆ!ƒĂPractice

ƒĂƧưùơƙ˥ŏ Ǉǅ ǇĂƶŏƱƙ˥ùŏ ƒ ǴƤƬǕƒ ǇǅĂǋ Ŏ˥Ǵ˥ǅ ƥơƒĂ Ĭǉƶǆ ýĂơ ƧĂƥƙ Ǵǌǉǉ5 ƠǁƱƮǆ!ƒ

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] (1996) [illegible]

- [illegible] Robert [illegible]
- [illegible] Nidffer [illegible]
- [illegible] Dorthy [illegible]

- ŀùŏǂƒƧþǗƒĂ ŀŏʅơ!ƒ ŀŀT ĸƒƧŀƤ!ƒ YƒĂǉ ɏŏdžɳ ĂNj Richardson " : LJĂʅ þƧǴTķŏƧ"
ĬƵþķʅùķ Ŏùķ!ƒĂ ŀŏƱƧT!ƒ ĸƒƧŏƛdž!ƒ ƔǴŏƩ ŀ!Ǵơ Ŏ5 ŎƵƒĂ!ƒ ý|ƶ!ƒ Ŏ5 ǴnjƀƧƶTǉ Ŏķ!ƒ
.ŀŏlŏlơ!ƒ ŀŏǂƒƧþǗƒĂ ŀŏʅơ!ƒ ǴNjƧƑǴǗǉ ƧĂnjǗ

Attention ǇƑǴŀǆǗɛ : ƑķǁƑķ

- Ŏǂ ĸǴdžĂǁƶdžǁ! Ǵǉǂƒƨþƍ NJŏɳĂķ Ǵnjƀ Džķŏ Ŏķ!ƒ ŀŏǁdžƶ!ƒ NJǉƀ ǉǴƀķǉǗƒ Martensƨǉŏķƨǵdž ƻƨƵ
ǇùdžŀŏǃƵ ŀɳƧþƀ ǉǴƀķǉǙƒ NJŏɳĂķ NJǉƀ ǉǴƀķǉǗƒ ƨŏǂƧķ ƻƧƶŏĂ ƩƒĂơ!ƒ ýĂǴǉķdž Ŏ5 ƠƀƬķ
.ĸƒƧŏƛdž!ƒ Ưƶƀ Ăơǉ lþơ!ƒĂ ƫŏpþķ!ƒ

:ǇƑǴŀǆǗɛ ƱɛNjdžɛ*

:ǇŏŏʅǴʅD ǇŏþƶƀĬ!ƍ YĂǉ!ƒ ŀŏơ LJdž ǉǴƀķǉǗƒ Džŏʅlķ LJǂdžŏ

:ǇƑǴŀǆǗɛ hƀɣƨ :ǗNjɛ

.Ǵnjŏ!ƍ ǉǴƀķǉǙƒ ƔƵǚ!ƒ ĬǁƵ Ɣɳƒ Ă!ƒ ĸƒƧŏƛdž!ƒ þþƵ Ĭ!ƍ ɏɳƧķĂ

:Ĭ!ƍ ŀɳƧþ!ƒ ŀŏơ LJdž ǉǴƀķǉǙƒ ŀƶʅ Džʅlǉķ Ă

1. ǁƒƧþƍ Ŏùǉƶŏ Ă ǕŀŏƵǴdžɳ!ƒ ŀƱTǉǛƒ DžǗƶdž Ŏ5 ĸǴƀǁƱķdž!ƒ þơD ĂNjĂ :Ǘƨ ɛNjǁɛ ǇƑǴŀǆǗɛ
.þơƒĂ ĸpĂ Ŏ5 ŀƒþơǛƒ LJdž þŏþƶ!ƒ
2. ǕŀŏǴdžƧ!ƒ ýƛdž ŀŏþƧ5!ƒ ŀƱTǉǛƒ Ưƶƀ Ŏ5 ĸǴƀǁƱķdž!ƒ þơD ĂNjĂ :5ĭƬǁɛ ǇƑǴŀǆǗɛ
.Ʊl5 þơƒĂ ƧŏƛdžĬ!ƍ ǉǴƀķǉǙƒ NJŏɳĂķĂ ŀƱƀķƧdž!ƒ ĸƒƧŏƛdž!ƒ ɏŏdžɳ ýƨƵ Ŏǉƶŏ Ă

ǈƑǤƗǆǗƐ ǈƑƜƗƐ :ƒĬǆƑƘ

ƗƒƥơǗƒ ǏǈƵ ǤǬƞƧǤƤ ǍƊ ǉƧǍƶƬǍ ƔƵǗ!ƒ ƧǤǂ5Ɗ ǏǈƵ ǤǬǈƤƒƥ ǉǤǌǨǉǗƒ ǋǑƞǍƘ Ǐ!ƥ ƴƞƧǑǍ

.ƗƱǑơǆ!ƒ ƗƑǑǈ!ƒ Ǒ5

:Ǐ!ƥ ǉǤƞƘǗƒ Ɨǒơ ǇǆǍ ǉǤǌǨǉǗƒ ƗƶƮ ǅƮǀǉƘǍ

.1 ǈƑǤƗǆǗƐ ǇǂƢǆǁƐ: ǍǋǍ ƶǑǂƧƘ!ƒ ǏǈƵ ƘƒƦ!ƒ ǇǆƴƘǑǍ ǇǆǗƒ ƧǤǂ5Ǘƒ ǍƧǍƶƬ!ƒǍ ǗƧǍƶƬƊ ǏƊ ǈƊǈǌ ǉǤǌǨǉǗƒ

ƧǑƹ ǋƞǍǆ Ǐ!ƥ Ǥǆ ƧǍƥǑ Ǒ5 ǆƞǤƴ!ƒ ƧǤǑ!ƒ ǑƴǤ.

.2 ǈƑǤƗǆǗƐ ǏƜƥƑƢǆǁƐ: ǍǋǍ ǋǑƞǍƘ ǉǤǌǨǉǗƒ Ǐ!ƥ ƘǤǌƞƒǍ!ƒ ƗǑƧơ!ƒ ǍƊ ǗƗƮ5ǤǈǆƊ ǅƴǋǍƊ ǅƴǆ ǤǆǤ

ƧǍƴǋǆƞ!ƒǍ ƔƧƥǆ!ƒǍ ǈǑƮ5ǤǈǆƊ ƘǤǂƧơ ǇǆǍ ƗǑƞƧǤƤ!ƒ ƔǉƒǍƞ!ƒ ǏǈƵ ƶǑǂƧƘ!ƒ ǍǋǉƶǑǆǑ

.ǁ!Ʀ ƧǑƹǍ

• ǈƑǤƗǆǗƐ ǇƐƥƑǋǇǂ

:Ǒ5 ǤǋƶǤƞǑƥ ǇǂǆǑ ǑƘ!ƒǍ ƘƒƧǤǋǆ!ƒ ǇǆǍ ƥǑƥƵ!ƒ ǉǤǌǨǉǗƒ ǇǆǍ ƴǑ

.1 ǈƑǤƗǆǗƐ ƅƑƧƗǆǗ

ǍƊ ƘƒƧƴǑǆƙǆ!ƒ ƧǤƴǑǆƤƒ ǏƴǈƵ ǇƧƥƴ!ƒ ǍǋǍ ǉǤǌǨǉǗƒ Ǒ5 ƗǑǀǤǀǗƒ ƘƒƧǤǋǆ!ƒ ǎƥơƥ ƴǆǆǑ

ƧǑƹ ƘƒƧǑǆǆǆ!ƒ ǇǆǍ ƥǑƥƵ!ƒ ǇǑǈ ǇǆǍ ǤǋǑǈƵ ǉǤǌǨǉǗƒ ƶǑǂƧƘ ƔƵǗ!ƒ ǏǈƵ ƔƞƒǍ!ƒ ƗơǑơƬ!ƒ ƶǍǆƧ!ƒ

.ƗƱǌƧǆ!ƒ

2.

[illegible]

[illegible]

[illegible]

[illegible]

.[illegible] spanstyle="white-space>

[illegible] ((dribbling) [illegible]

[illegible] ((foul) [illegible]

.((violations) [illegible]

[illegible] .(1971 [illegible]

[illegible] (variationsof basketball) [illegible]

.(2003 [illegible]

(Basketball Court)

(NBA)

(Shot) (Three Points) 6.25 (20 6) 23 9 (NBA) 7.24) .(2004

10 12

(LJŏƱĂùT) LJŏ5Ʈùǉ Ĭ!ǫ ǇƧǤdž!ƒ DžƮǀƘ5 ÜƘǤŏǁǂ!ƒ ƘǤŏƧǤdžƿ ƽǁƶƙŏ ǤdžŏƸ ǤdžƉ.(NBA - ǂŏǂŏƧdžǕƒ

YǤùƿƧƉ ǂƶƿƧƉ Ĭ!ǫ ǂŏĂǉǤƛ!ƒ ƩƧƒƥdž!ƒ ƘǤŏƧǤdž DžƱƶdž DžŏƮǀƙ DžƙŏLJŏơ Ŏ5 ǂǀŏpƥ 20 ƻƮǉ ýǂ ǇƥdžÜǀƒƧǤùƿdž!ƒ ƻƮƙǉdž Ŏ5 ǂơƒƧƙƮǘ! ǂǀŏpƥ ǇƧTƵ ƩdžƤƿ ƟǤdžƮ!ƒ DžƙŏĂ .ƽƑǤpƥ ŎǉǤdžƛ yƿƧ ýǂ Ǉƥdž

ƧdžƙƮùƙĂ .ăƧùƤǕƒ YǤƿƧǕƒ LJdž "ƱĂT" yƿƧ ýǂ ǤǤnjƙǉƒ ƥƶƿ ǂơƒƧ LJŏƙǀŏpƥƿ ƟǤdžƮ!ƒ DžƙŏLJŏơ Ŏ5

ƘùpĂ!ƒ ǤǤùnjƙǉƒ ƥùƶƿ ƔƮùƙơǒ ĭƦ!ƒ Ü(Overtime) Ŏ5ǤưǗƒ ƘpĂ!ƒ ƘƒƧƙ5 LJdž ǇƧƙ5 ýǂ Ǉƥdž

ŎǉǤùƛ!ƒ ƻƮùǉ!ƒ Ǥƥùƿ ydž ǤdžnjŏƙǁƮ LJǤǀŏƧ5!ƒ ýƥǤƿƙŏĂ .ƽƑǤpƥ ƩdžƤ! ÜýƥǤƶƙ!Ǥƿ ǇƒƧǤdžǁ! ŎǁƮǕƒ

ǇƒƧǤùƿdž!ƒ ǂƵǤƮ ƻǤǀŏǫ DžƙŏǂŏơÝŎǁƶ5!ƒ ƔƶǁƮ!ƒ ƘpĂ ĂNj Ɣƶǁ!ƒ Ŏ5 ƔƮƙơdž!ƒ ƘpĂ!ƒ LJǫ .ǇƒƧǤdžǁ!

LJùdž ƧùŏƛǂƿýĂƱƉ ǤƙpĂ ǂdžǤƵ ǂ5Ʈƿ ƽƧƺƙƮƙ ǂǁƮ!ƒ ǇƧǂ ƘǤŏƧǤdž LJƎ5 ÜǁƦ! .Ɣƶǁ!ƒ ƻpĂƙ ƥǉƵ

.(2004 ÜŎ!Ăƥ!ƒ ƥǤơƙǓƒ) LJŏƙƵǤƮ Ăơǉ! ƧdžƙƮƙ Ǥdž ǇƥǤƵĂ ÜǤnj! ƥƥơdž!ƒ ƘpĂ!ƒ

ƧTùƵ ŎùǉƛƒýƮƉ LJdž) ƥơƒĂ ƘpĂ Ŏ5 LJŏƿƵǕ ǂƮdžƤ LJdž Ɣƶǁdž!ƒ ƯƧƉ ĬǁƵ ƽŏƧ5 ýǂ ƻ!ƌƙŏ

LJŏùƿƵǘ!ƒ (Substitution) ýŏƥƿƙ ƘǤŏǁdžƵ LJĂǂƙ ǓĂ ƒƦNj .(ǤdžnjǉdžýǂǂdžƑǤp Ŏ5 LJŏǁƞƮdž ǤƞƵǓ

.ǤùǷpĂƙdž Ɣùƶǁ!ƒ LJĂǂŏ ǤdžƥǉƵ ƱǀƸ ǤNjƋƒƧƞǫ LJǂdžŏ LJǂ!Ă ÜLJŏƿƵǘ!ƒ LJdž LJŏƶdž ƥƥƵ Ĭǁƶ ǇƧƮƙǀdž

ƘǤŏƞŏƙƒƧƙùƮǕƒ ƴưĂĂ LJŏƿƵǘ!ƒ ǤƒƥƉ ƧŏĂƱƙ ĬǁƵ ƻƧTŏ (coach) ƔƧƥdž ƽŏƧ5 ýǂ! LJĂǂŏĂ

ƔƧƥùdž!ƒ ýùƛdž ƽùŏƧ5!ƒ Ŏ5 LJŏǁdžǤƶ!ƒ LJdž ƧƤǤ ƥƥƵ ƔǉǤƞ Ĭ!ǫ ÜƽŏƧ5!ƒ Ǥnjƿ ƔƶǁŏŎƙ!ƒ ƱƱƤ!ƒĂ

.ǂŏǉƥƿ!ƒ ǂpǤŏǁ!ƒ ƔƧƥdžĂ ƔŏƿƱ!ƒĂ ŎƑǤƮơǗƒĂ ƽŏƧ5!ƒ ƧŏƥdžĂ ƥƵǤƮdž!ƒ

ŎùƮƧŏƞĂ ƘƧĂùT LJùdž ƻ!ƌùƙŏ ƒƥùơĂdž Ǥƥƨ ǂǁƮ!ƒ ǇƧǂ ƘƒƥŏƮĂ ýǤƞƧ ƽƧ5 LJdž ýǂ ĭƥƙƧƙ

ýùŏƛdž NJù! Ʃŏ!Ă LJǤŏƶǁ! ƠưƒĂ DžpƧ ǤƒĂƮ ƥơ ĬǁƵ ƻǁƤ!ƒĂ DžǤdžǕƒ LJdž NJŏǁƵ YĂƿƱdž (jersey)

high-) ǂù5ŏ5Ƥ ǂŏùưǤŏƧ ǂŏƦơƉ LJĂƿƵǘ!ƒ ĭƥƙƧŏĂ .ƥơƒĂ!ƒ ƽŏƧ5!ƒ ýƤƒƥ ǂƿƵǓ ĂƉ ƔƵǓ ýǂ!

ǤǤdžùƮƉĂ ƽƧù5!ƒ ǤǤdžƮƉ ǂƵǤƿƱ DžƙŏǤdž ǇƥǤƵĂ.ýơǤǂǁ! ýdžơƙ!ƒ ǇĂpĂ DžƵƥ!ƒ LJdž ƒƥŏƨdž Ƨ5Ăƙ (top

[illegible]

.[illegible]

[illegible]

.(1983 [illegible]) [illegible]

[illegible] ("NBA" [illegible]) [illegible]

.[illegible]

[illegible] (fouls) [illegible]

[illegible] (possession arrow) [illegible]

[illegible] (shot clock) [illegible]

(2004)[illegible] .[illegible]

:ƕƾǴƑ ƨ ǁƐ ƖƑƨƐƥƣǁƐ

ǂǴùơƕǕƒĂ ƘǴùƪƒƧƥ!ƒ ǇǆǅƧƕǂǕƒ ƥƥƶ!ƒ ƥǴƞŏǗ ĭĂƕƧƙ!ƒ ƔƥǕƒ ǂƶƞƒƧǆǆƕ ǂơǴƕ!ƒ ǅǴƥ

:ƘǴƪƒƧƥ!ƒ ǉǛǋ Ǉǆǅƥŏƥƶ!ƒ ƠƧƵ ǑǃǇ ǴǆǅŏƼĂ ǛǂǑƕǉƞǄ ĂǄ ǂǑƕƧƵ ƘǉǴǂ ǄƒĂƪ ǂƿǕƶ!ƒ ƘƒǛ ǂǑǆǃƶ!ƒ

:ƕĭǴƥƴǁƐ ƖƑƨƐƥƣǁƐ

Ǒù5 ǑǉǋǛù!ƒ ƔŏƧƥƙ!ƒ ƧǑƛƙ ǇƵ ƻƬǂ!ƒ Ĭ!ƹ Ƙ5ƥǋ (2007) ǇǑƪǴǑ ǴǌǈƕǅǴƥ ǂƪƒƧƥ Ǒ5

ƘƒƧƥù!!ƒ Ǒù5 ǑǆĂǑ!ƒ ĭĂŏơ!ƒ ƳǴǃǑǗƒ ƱǆǉƴǆƸƸǆ!ƒ ƧŏƩĂ ƸƸǆ!ƒ ǂǑƑǴƪǆ!ƒĂ ǂŏơǴƕƬ!ƒ ǑƙƧƙ5

-15) ƧǴǆƵƺƕ ǇǑƑƬǴǉ!ƒ ƸƧ5 ǇǆǅƪƒƧƥ!ƒ ǂǉŏƵ ƘǉĂǂƙ Ǜǂǃƪ!ƒ ǃƧǂƕ ǂŏƪǴƪǕƒ ƘƒƧǴǌǆ!ƒĂ ǂǑǃƶ!ƒ

ǂǑƑƒĂƬùƶ!ƒ ǂù!ŏƧƱ!ǴƕǂùǉŏƶƧ!ƒ ƧǴùŏƙƤƒ ǅƙ ǂŏơ ǂǑǉǴǆŏǃƪ!ƒ ǂǙ5ǴơǆƨǂƧǆǂŏƥǉǄ Ǒ5 ǂǉƪ (16

ǛǂƕƵǓ (32) ǅǋƥƥƵ Ƹ!Ǵƕ!ƒ ǅŏǃƪ ƴǴǆǂĂ ǂŏǉǴǆŏǃƪ!ƒ ĭƥǴǉ ƔŏƬǉ ǇǆǅƘǉǴǂ Ǒƙ!ƒ ǂƵƧ!!ƒ ƔĂǃƪƕĂ

Ĭ!ƹ ǂùƪƒƧƥ!ƒ ǊƑǴùƙǉ ƘƧǴùƬǄ ƥƿĂ ǛǇŏƙŏƕŏƧƞƙ!ƒ ǇŏƙƵĂǆƞǆ! Ǒƕ ŏƧƞƙ!ƒ ǊǌǉǆƴƒǂơǴƕ!ƒ ǅƥƤƙƪƒ

ǂùŏǃƶ!ƒ ƘƒƧƥù!!ƒ ƧĂƱƙ ǂŏơ ǇǆƧƕǂǄ ǂŏǃƵǴ5 ǑƑǴƪǆ!ƒ ĭĂŏơ!ƒ ƳǴǃǑǗƒ ƴǆ ƸƸǆ!ƒ ƔŏƧƥƙ! Ǉƒ

.ǑƑǴƪǆ!ƒ ĭĂŏơ!ƒ ƳǴǃǑǗƒ ƴǆ ƸƸǆ!ƒ ƧŏƩ ƔŏƧƥƙ!ƒ ƴǆ ǵƪǴƥ

ǇǑùƕ ǂùƿǕƶ!ƒ ǂ5ƧƶǆĬ!ƹ Ƙ5ƥǋ (2007) ǇĂƧƤƈĂ ǑǉǴƶ!ƒ ǇǆƴǂǴǌǈƕǅǴƥ ǂƪƒƧƥ Ǒ5Ă

ǂùǉŏƵ ƘùǉĂǂƙ .ǃƧùơ!ƒ ǂùŏǆƧ!ƒ ǂǃƱǉǆ ǇǆǂǃƪƑ ǃƧǂƕ ƨƽ!ƒ ǇǆƔŏĂƬƙ!ƒĂ ǑǉǋǛ!ƒ ƧĂƬƙ!ƒ

ƘǆƪƥǛǂơƕ!ƒ ƴǆƙƞǆĂ ǂǉŏƵ ƴƛǆƙ ǑǋĂ Ǒ!Ǵƥ ĭƥǴǉ ǇǆƐƬǴǉ ǂǃƪ ǃƧǂ ƔƵǓ 20 ǇǆǂƪƒƧƥ!ƒ

ƘƶưùƤ (ǂùƵĂǆƞǆ ƴùǂ! ǇǑùƕƵǓ 10) ǂƱƕǴùưĂ ǂŏƕŏƧƞƙ ǇŏƙƵĂǆƞǆ Ĭ!ƹ ǂƪƒƧƥ!ƒ ǂǉŏƵ

ƥĂùƞĂ Ĭ!ƹ ǂƪƒƧƥ!ƒ ǊƑǴƙǉ ƘƧǴƬǄĂ ǛǑǉǋǛ!ƒ ƧĂƬƙ!ƒ ǇǆƘǴƪǃƞ 10 Ĭ!ƹ ǂŏƕŏƧƞƙ!ƒ ǂƵĂǆƞǆ!ƒ

.ǂǃƪ!ƒ ǃƧǂƕ ƔŏĂƬƙ!ƒ ǃƧǴǌǆ ƧĂƱƙĂ ǑǉǋǛ!ƒ ƧĂƬƙ!ƒ ǇǑƕ ǂƿǕƵ

[illegible] (2004) [illegible]

[illegible]

[illegible]

[illegible] (12) [illegible]

[illegible]

[illegible].

[illegible] (2003) [illegible]

[illegible] (17) [illegible]

[illegible] 14-10 [illegible] (7 [illegible] 10)

[illegible]

[illegible] ([illegible]) [illegible] ([illegible]) [illegible]

[illegible] .([illegible])

[illegible]

[illegible] .([illegible]) [illegible] ([illegible]) [illegible]

[illegible]

[illegible]

[illegible]

[illegible].

[illegible] (2003) [illegible]

[illegible]

[illegible] (1998) [illegible]

[illegible] (45) [illegible]

[illegible]

[illegible] (Roure, et. Al., 2000) [illegible]

[illegible] (40) [illegible]

[illegible] (Scalez,1998) [illegible]

[illegible] (35) [illegible]

[illegible] (Yongmin,1998) [illegible]

(72) [illegible]

[illegible] (Monette, 1998) [illegible]

[illegible] 30 [illegible]

[illegible] (Graza, 1997) [illegible]

(27) [illegible]

[illegible] (Martin & Hall, 1995) [illegible]

[illegible] (Waterloo) [illegible] (39) [illegible]

LJD Ɨùŏơ ÜƗùŏƶ5ƒþ!Ǥħ Ɨùŀ ŀƶƙdž!ƒ ƘƒƧùŏƺƙdž!ƒ ƻ ǖƙƤƒ Ǐŀƶ ýǤƶ5Ă ŎħǤƞŏƒ ƧƛƒŎǉNJŖ!ƒ ƧĂƮƙŀ!

LJùdž ŀƧħǤƛdž ƧƛǂD ƔŏƧþƙ!ƒ Ŏ5 ýĂƱD ŀƧƙ5! ƘƧdžƙƪƒ ŎǉNJŖ!ƒ ƧĂƮƙ!ƒ ƘdžþƤƙƪƒ Ŏƙ!ƒ ƗƵĂdžƞdž!ƒ

Ɨùħƶ! ĂùơǉƗŏƶ5ƒþ!ƒ ăĂƙƪdž Ŏ5 ǤƵǤ5ƙƧƒ ƧnjƱƒ ǤdždždžƱ!5 ŎǉþħƔ!ƒ ƔŏƧþƙ!ƒ ƘŀħƱ Ŏƙ!ƒ ƗƵĂdžƞdž!ƒ

.ƗŏħŏƧƞƙ!ƒ ƗƵĂdžƞdž!ƒ ăþ! ƻ!Ăƺ!ƒ

:ħƨǤƑƨŀŀƐ ŀƑƨƐþơŀŀƐ ĂǂƳ 5ĭǂƴƗŀŀƐ

ÜNJƑǤƙǉ LJùùdž ƗŀħǤƪùù!ƒ ƘǤùƪƒƧþ!ƒ NJùŏ!ǫ ƘŀƮĂƙ Ǥdž Ǐŀƶ ƗơǤħ!ƒ ƔǖƱƒ ýǖƤ LJdž

Ŏ5 Ɨ5ŀƙƤdž!ƒ ƘƒƧǤnjdž!ƒ ƧŏĂƱƙ Ŏù5 Ŏùŀŀƶ!ƒ ƔŏƧþƙ!ƒ ƗŏdžNJD ýĂơ ƘǤŏƮĂƙ LJdž NJħ ƘƞƧƤ ǤdžĂ

Ǥnjưùƶħ ƘǤùƪƒƧþ!ƒ LJŏħ Ɨþǖƶ!ƒ ƔĂǉ ƘƨƧħD ǤnjǉD ǤdžǂÜŎǂƧơ!ƒ Džŀƶƙ!ƒ ǤdžŏƪǕĂ ƔǤƶ!Ǖƒ ǏƙƬ

ƝnjǉǉùdžŀŀƐ ƘǤùƪƒƧþ!ƒ DžùƱƶdž ƔǤħƙǫ ŀŀ!ŖǂÜƘǤƪƒƧþ!ƒ Ŏ5 ƗdžþƤƙƪdž!ƒ ƘƒĂþǕƒ ƘơưĂDĂ Ʊƶħ!ƒ

LJdž ƘǤƪƒƧþ!ƒ NJħ ƘǤǤƞ Ǥdž DžùùNJD ƫþǤùǉƙ Ŏùƙ!ƒ Ɨùŏ!Ǥƙ!ƒ ƱǤŀǉ!Ǥħ ƗơǤħ!ƒ ƜƧƤ þ!5 ÜŎħŏƧƞƙ!ƒ

:NJƑǤƙǉ

- ƗùȢǤǂħ Ŏùŀŀƶ!ƒ ƔŏƧþùƙ!ƒ DžƒþƤƙùƪƒ ƗùŏdžNJD ƘǤƪƒƧþ!ƒ ýŏdžƞ ƘþǂD ƗdžǤƵ ŀƧĂƮħ .LJŏdžŀŀƶƙdžŀ! Ɨŏǂ ƧơƑ ƘǤħǤƞƙƪǕƒ ýŏþƶƙ Ŏ5 NJ!ǤǂƬD
- Ŏ5 ÜƗơĂƙ5dž!ƒĂ Ɨŀŀƺdž!ƒ ƗŏưǤŏƧ!ƒ ƘƒƧǤnjdž!ƒ LJdž LJŏƵĂǉ DžnjƙǤƪƒƧþ Ŏ5 LJĂƛơǤħ!ƒ ýĂǤǉƙ þŀ! .DžùùŀŀƶƘ!ƒ ƗŏŀdžƵ Ŏ5 ƧƛǄdž ƧĂþ Ŏŀŀƶ!ƒ ƔŏƧþƙŀ! LJǤǂ LJŏƙ!Ǥơ!ƒ ǤƙŀǂƬ
- ŎùŀŀƶƘƒ ƔŏƧþùƙ!ƒ Ƨŏ5Ăùƙ ýŏħùƪ Ŏù5 ƗƵĂǉƙdžĂ ƗdžþŀƙdžƘǤŏǉƙ LJĂƛơǤħ!ƒ DžƒþƤƙƪ ýǤǂùƬǕƒĂ ƧĂƮù!ƒĂ ĂŏþùŏƘ!ƒ ƗùdžƱǉD DžƒþƤƙùƪǤǂ ÜDžnjƙǤùƪƒƧþ ƘǤùǉŏƶ! ƔƪǤǉdž!ƒ ýƑǤùƪĂ!ƒ ŀŀùŀƙ DžƒþƤƙùƪ ƗùŏdžNJD þùǂƋƙ! ƘǤƪƒƧþ!ƒ NJƑǤƙǉ ƘǤƞ þƤĂ ÜƗŏơŏưĂƙ!ƒ .ýư5D ƧŏƋƙ ƒŖ ǤǤŏŀƶ ǤħŏƧþƙ DžŏþŀƘ Ŏ5 ŀƧĂƱǉdž!ƒ

- LJĂù ǂk LJƒ lƧĂƧù ư Ǐ ù ƵŽ ƚlhƇʅ ù!ƒ ƚ Ăùơh!ƒĂ ƘƇù ʅƒƧþ!ƒ ƝƑƇù kLj Ƙþǂ D þl!

ƝƑƇù kLj LJƇdž ư ù! DžƵƶk ùdž!ƒ ƇƨƞƇù h ƇdžŏʅǓ ƚlŏpþ LJŏdžƵƶkdž!ƒ Ǐ!ƥ ƚdžþldž!ƒ ƘƇdžĂƵƶdž!ƒ

ƚùŏ!Ƈƶƽ!ƒ YĂùLj ƴùdž ƚhùʅƇLjkdž ƚdžþldž!ƒ ƘƇdžĂƵƶdž!ƒ LJĂǂk LJƒ ƔƞŏĂ Ƈdžǂ Üƭ þD

.DžƵƶk!ƒ ŎƼ Ƨŏhǂ ƧĂþ ƘƇdžĂƵƶdž!ƒ ǁƵk! LJĂǂk LJƒ ýƞǛ ƚǂƧơ!ƒ ƻþùNjĂ

[illegible]

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

:ƕƨƐƥƣǁƐ ƛǋǆǅ

.ƗƖƒƧƥ!ƒ ƗƶǑƕƱǍ ǋƙǆǊǕǆ! ǑƕǑƧƞƙ!ƒ ǇƞǉǆǆƘ! Ɨ ơƓƕ!ƒ ǅƥƤƙƖƒ

:ƕƨƐƥƣǁƐ ƲǅǍƗƜǅǍ

ƪƓƖǆ! ǑǉƓƛ!ƒ ǎǍƙƖǆ!ƒ ǍƞǉǉƉ ǈǆǆǆ ƗǑưƓǑƧ!ƒ ƗǑƕƧƙ!ƒ ƗǑǁƗ ƗƕǁƱ ǈǆǆ ƗƖƒƧƥ!ƒ ƴǆǆƞǆ ǈǍƗƙ

.2011/2012 ǑƖƒƧƥ!ƒ ǆƓƶǁ! ǅƕ!ƓƱ (62) ǅǇƥƥƵ Ƹ!Ɠƕ!ƒǍ ƗǁƖ!ƒ ƖƧƗ

:ƕƨƐƥƣǁƐ ƕǆǏƳ

ƥƓƶƕƙǖƖƒ ǅǖƙ ƥƥǍ ƗǑƥǆƶ!ƒ ƗǀǑƧƱ!Ɠƕ ǅǇƧƓǑƙƤƒ ǅƙ ǅƕ!ƓƱ (14) ǈǆǆ ƗƖƒƧƥ!ƒ ƗǈǑƵ ƘǉǍƗƙ

ǅǖƙǍ Ɣǖ!ƓƱ (12) ƗǖƖƒƧƥ!ƒ ƗǖǉǑƵ ƥƒƧ5ǅ ƠƕƮǑ! ǇǆƓǉƧƕ!ƒ ǈǅƵ ƧƧƗƙǆ!ƒ ƔƓǑƺ!ƒ ƔƕƖƕ ǈǑƕ!ƓƱ

ƘǆƥƤƙǖƖƒ ƔǕǖƱ (6) ǈǆǆ ƘǉǍƗƙ ƖƧƬƓǆǆ Ĭ!ǍǛƒ ǈǑƙƵǍǆƞǆ Ĭ!ǫ ƗǑƑƒǍƬƵ ƗǀǑƧƱƕ ǅǇǆǑƖǀƙ

ƔǕǖƱ (6) ǈǖǆ ǵƢǖǑƒ ƗǑǉƓƛ!ƒǍ ĭƧƓǇǆ!ƒ ƔǑƧƥƙ! ƔơƓƮǆ!ƒ ƧƬƓǆǆ!ƒ Ǒǀƶ!ƒ ƔǑƧƥƙ!ƒ ǇǆƓǉƧƕ!ƒ

. ĭƧƓǇǆ!ƒ ƔǑƧƥƙ! ƔơƓƮǆ!ƒǍ ƧƬƓǆǆ ƧǑƺ!ƒ Ǒǀƶ!ƒ ǇǆƓǉƧƕ!ƒ ƘǆƥƤƙƖƒ

:ƕǆǏƴǁƐ ƥƑƗƔǁƐ ƒƑƓƨƈ

ƗǑƕƧƙ!ƒ ƗǑǁƗ Ǒ5 ƗǁƖ!ƒ ƖƧƗ ƘƓƥƓƖǆ ǅǑǁƶƙ Ǒ5 ƳǍƱǆǆ ƥƵƓƖǆƗ Ɨ ơƓƕ!ƒ ƴǆƵ ƺǍƧƲ -1

.ƗǑưƓǑƧ!ƒ

.ƗƖƒƧƥ!ƒ ƺƒƥǇǅ ƪǀơƙ Ǒƙ!ƒ ƘƓǉƓƗǆǛƒ Ƨ5Ǎƙ -2

.ƗǑǁƗ!ƒ ƗƕǁƱ ƴǆ ǅƒƧƙơƒǍ ƥǍ ƗƤǕƵ ƥǍƞǍ -3

:ƕǆǏƴǁƐ ƥƑƗƔǁƐ ƯǇƥƖ

.ƗǁƖ!ƒ ƖƧƗ ƪƓƖǆ! ǑǉƓƛ!ƒ ǎǍƙƖǆ!ƒ Ĭǉǉǅ ƥƤ Ƴ!ƓƱ!ƒ ǈǍƗǑ ǈǅ-1

.ǇǆƓǉƧƕ!ƒ ƦǑ5ǉƙ Ǒ5 ǅƒƨƙ!ǛƒǍ ƥǉƶƙ!ƒ -2

[illegible]:

[illegible] (1) [illegible].

(1) [illegible]

[illegible] " [illegible] " [illegible]

([illegible])

[illegible]	[illegible]	"[illegible]"	[illegible]	[illegible]	[illegible]	[illegible]	
.515	10	-.674	.816	20.67	6	1 [illegible]	[illegible]
			.894	21.00	6	2 [illegible]	
.873	10	.164	3.312	183.83	6	1 [illegible]	[illegible]
			3.728	183.50	6	2 [illegible]	
.925	10	.097	2.966	83.00	6	1 [illegible]	[illegible]
			2.994	82.83	6	2 [illegible]	

[illegible] ($0.05 = \alpha$) [illegible] 1 [illegible] 2 [illegible].

:ƀƐǫǕƐ Ǐƺ ǄǐǏŦƳǆǆǄǆǆƐ ǄǐǏǴ ǄƷƑǀŦǁƐ

ǑùǆǒǀǀƒƧǴùǈǩƤǛƒ Ǒù5 ƗùǒƧǴǒƶǆ!ƒ ƘǴù5ƒƧơǉǛƒĂ ƗǒǈǴƪơ!ƒ ƘǴƱƪĂƙǆ!ƒ ǄƒþƤƙƪƒ Ǆǩ

(2) ǄǐùþƧ ýĂþƞ!ƒĂ (ǀƧǴǩƤǆ!ƒ ƘƒƧǴǈǩƤǛƒ Ǒ5 ǐƧǴǒƶǆ!ƒ ǅƒþǕƒ ăĂǩƪǆ) ƗƪƒƧþ!ƒ þþ ƘƒƧǒƺǩǆǀ!

:ǁ!Ʀ Ơư Ăǒ

(2) !5þ üǊǫǁ

ǈǐŦǴǂǁƐ ǀƐþǏƩŦǆǁƐ ĂŦƳ ǈƳǆǆǄǆǆƐ þǏƩŦǆǁ ƑƴǴŦ "ǀ" þƑǴŦƢǊǊ ǈǐþƑǐƴǆǁƐ ǀƑƺƐþƟǆǛǊ ǈǐǴƑƨƟǁƐ ǀƑƯƨǊŦǆǁƐ

Ɫ!Ǖþ!ƒ ƗǒƑƓƮơǛƒ	ƘǴƞƧþ ƗǒƧơ!ƒ	Ɫǆǒþ "Ƙ"	ƻƒƧơǉǛƒ ǐƧǴǒƶǆ!ƒ	ƱƪĂƙǆ!ƒ ǑǈǴƪơ!ƒ	þþƶ!ƒ	ƗƵĂǆƞǆ!ƒ	
.515	10	-.674	.894	10.00	6	1 ƗǒǈǒƧƞǩ	ƱǒƱǉǩ!ƒ
			.816	10.33	6	2 ƗǒǈǒƧƞǩ	
.570	10	.587	.753	10.17	6	1 ƗǒǈǒƧƞǩ	ǇǆǐƔǒĂƮǩ!ƒ
			1.169	9.83	6	2 ƗǒǈǒƧƞǩ	Ɫǀƪ!ƒ ý5ƪƒ
.599	10	.542	.548	1.50	6	1 ƗǒǈǒƧƞǩ	ƧǒƧǆǩ!ƒ Ɫþþ
			.516	1.33	6	2 ƗǒǈǒƧƞǩ	
1.000	10	.000	1.049	32.50	6	1 ƗǒǈǒƧƞǩ	ǀƧĂǴơǆ!ƒ
			1.049	32.50	6	2 ƗǒǈǒƧƞǩ	

ƧùǙǕ (0.05 = α) ƗǒƑƓƮùơƺ Ɫ!Ǖþ Ƙƒʀ ƾĂƧ5 þĂƞĂ ǄþƵ ǉǘƵǄ ýĂþƞ!ƒ ǇǆǐǇǒǈǩǒ

.ǅƒþǕǴǈ ƘǴƵĂǆƞǆ!ƒ Ƌ5Ǵƚǩ Ǐ!ƺ ƧǒƬǩ Ɨƞǒǩǉ!ƒ ǉƦǊĂ .Ƙƒƾǒƺǩǆ!ƒ ƴǒǆƞ Ǒ5 ƗƵĂǆƞǆ!ƒ

[illegible] :

[illegible]:

[illegible]

[illegible] (1984 [illegible]

.(4) [illegible]

:[illegible]

: [illegible]

.[illegible] -29

- [illegible].

- [illegible] .

- [illegible].

: [illegible]

- [illegible] .

- [illegible] .

- [illegible].

- [illegible].

- [illegible].

[illegible]:

- [illegible].

- [illegible].

- [illegible].

- [illegible].

- [illegible].

[illegible]:

[illegible] (4).

[illegible]:

[illegible]:

[illegible] (8) [illegible].

[illegible]:

[illegible] (test-retest) [illegible] (12) [illegible].

(3) [illegible]

[illegible]

[illegible]	[illegible]
.94	[illegible]
.87	[illegible]
.83	[illegible]
.93	[illegible]

[illegible]:

[illegible] (1984 [illegible]

[illegible]

:[illegible]

1- [illegible]

2- [illegible]

3- [illegible] .(1 [illegible])

Ɨùŏǁ Ʃķ!ƒ Ɨùŏǁ ǂ Ǒù5 Ăŏþùŏ5!ƒ ƗƵǴþ Ǒ5 ƗƵĂdžƞdžǁ! Ăŏþŏ5!ƒ ǁþNjǴTdž þŏƵƒĂdž þŏþơķ Ďž ƛ -4

ÜƧĂƮùķ!ƒ) Ǒǁlƶ!ƒ Ɣŏ Ƨþķ!ƒ ǇdžǴǁjƧǁ ƫŏǁƱķ! ƗdžƑǴl!ƒ Ʃ5ǁj ƘdžþƤķƪƒ ǁ!ŖǂĂ Ɨŏ ưǴŏƧ!ƒ

.Ɨƪƒ Ƨþ!ƒ ƗƶŏǁƱĂ ǴnjķdžƑűdž! ƒƧƱǁj ǁ!ŖĂ (ǁjǴǁķǁjǓƒ Üƨŏ ǂ Ʃķ!ƒ ÜČǴƤƧķƪǓƒ

.SBSS ýƒ ǇdžǴǁjƧǁ ĎžƒþƤķƪǴǁ ǴŏƑǴƮơƒ Ǵnjķƞ!Ǵƶdž Ƙdžķ ƘǴǁjǴŏǁ!ƒ ƴdžƞ þƶǁ -5

[illegible] :

[illegible]:

[illegible] : [illegible]

.[illegible]

[illegible] (1984 [illegible]) [illegible]

[illegible]

[illegible]

[illegible] (2011 [illegible] ،2000 [illegible] ،2003 [illegible] ،2003 [illegible]) [illegible]

:[illegible]

[illegible]

[illegible]

[illegible]

.[illegible]2012/4/5 [illegible] 2012/5/2 :[illegible]

1. [illegible] (8) [illegible] (3) [illegible] (24) [illegible]
[illegible].

2. [illegible] (60-45) [illegible].

.[illegible]

[illegible]

.(2 [illegible]) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] (3) [illegible]

1- [illegible] (12 [illegible] 8) [illegible]

2- [illegible] (40 [illegible] 28) [illegible]

[illegible]

3- [illegible] (10 [illegible] 8) [illegible]

[illegible]

[illegible]

[illegible]

[illegible] (20 [illegible] 15) [illegible]

- [illegible]

[illegible]

- [illegible]

- [illegible]

[illegible] :

[illegible] (30) [illegible]

[illegible]

[illegible]:

[illegible].

[illegible]

مراحل و إجراءات عملية الاسترخاء

1. [illegible]
2. [illegible]
3. [illegible]
4. [illegible]
5. [illegible]
6. [illegible]
7. [illegible]
8. [illegible]
9. [illegible]
10. [illegible] ([illegible]) [illegible]

ǇùǆǂǂùơƒƧ ƖƧƙ5 ƧƤƊ Ă ĂưƵ ǇǑƿ ƔǑƧƥƙ!ƒ ýƤƙǑ ǇƊ ýĂƠơ ƇƠưƵǕƒ ýǂ Ǒ5 ƘƠưƠƿƖǈƒ ĂƊ
. ǂǑǇƠƛ 15 Ǐ!ş 10

Σ ƽǈƙ!Ơù5 Ü ƇĂƥùǌƿ ǋùƞƧƤƊ Ă ƇĂƥǌƿ ƇƒĂǌ!Ơƿ ǁǑƙƑƧ ǖǆƒ Ă Ü ƽǆƶƿ ǇǑƧǆƙ!ƒ ƇƠǇƛƊ Σ ƽǈƙ.11
. ƇƠƤƧƙƪǗƒ ƽǑlơƙ ǏƵ ƥƵƠƪǑ ƽǑǆƶ!ƒ

ƧƶTùƙ Ǘ Ǐùƙơ ǑƿƪƧǑǂƽƙ ǏƊ ǇǆýƖƶ!ƒ ǂǑƽƮƙĂ ƨǑǂƧƙ!ƒ Ü ƇƠƤƧƙƪǗƒ Ǒ5 ǄǌǆƵ!ƒ ǇǆƵ .12
. ǁƙƠǑơƿ ǂǑǆƞ!ƒ ƨƥƒĂǆ!ƒ ƧĂƮ ýǑƤƙ ýĂƠơ5 ƴƱƙƪƙ Ǆ! ǇƒĂ Ü ǁƿƠƮƵƊ ƥƙTƙ5 ƧƙĂƙ!Ơƿ

ǂùơƧǆ ǇǑùƿ ƽƧƽ!Ơƿ ƧƶTƙƪĂ Ü ƠǆƵƠǆƙ ƘǑƤƧƙƪƒ ƥƥ ǁǈƒ ƥƞƙƪ ǂƵƠƪ ƨƮǈ ǂǑƠǌǈ Ǒ5 .13
ǄƱƙǈǆ ýǂTƿ ƇƠƤƧƙƪǗƒ ǂƪƧƠǆǆ ǏƵ ǁƶƞTǑƪ ΣĂƪơǆ!ƒ ƽƧƽ!ƒĂ ƥƠƶǆ!ƒ ƴưĂ!ƒĂ ƇƠƤƧƙƪǗƒ
Ü ǇùǑƨ ƥùƿƵ . ǋƿ ǄƠǑƖ! ýƥƒ ƘƥĂ Ǐ!ş ƜƠƙơƙ ǁǈƒ ƥƞƙƪ ǂƿƧƞƙ!ƒ ƧƒƧǂƙ ƴǆĂ ǂƵƠƪ ƨƮǈ ƖƥǆǍ
.(2002) ǇĂƧƤƒĂ

:ǋǏơǏƵǁƐ ƔơǈƑƪǄ

Ǆǂơƙù!ƒ ÜƧùǑƧǆƙ!ƒ ÜƔǑĂƮƙ!ƒ) ƘƒƧƠǌǆ!ƒ ƴǑǆƞ ǏƵ ýǆƙTƒĂ ĂǑƥǑ5 ƱǑƧT ƖƥǋƠTǆ Ǆƙ
.(ƖƧĂƠơǆ!ƒ ÜƖƧǂ!Ơƿ

:ǏǆǈƤǁƐ ƥǋTǂǁƐ

ǑǈǋƦù!ƒ ƥƒƥƶƙƪǗƒĂ ƇƠƤƧƙƪǗƒ ǏƵ ƘǆƙTƒ ǂǑơ ǂƪƞ ýǂ Ǒ5 ǑǈǋƦ!ƒ ƧĂƮƙ!ƒ ƽƿƱ
.(ƖƧĂƠơǆ!ƒ ÜƖƧǂ!Ơƿ Ǆơƙ!ƒ ÜƧǑƧǆƙ!ƒ ÜƔǑĂƮƙ!ƒ) ƘƒƧƠǌǆ!ƒ ƧĂƮƙ!

ՄԳƐþǁƐ üTƻǁƐ

- ✓ ƑNJƗ ʅ ƼƑǆǅǍNj ƛƏƑƗǆǁƐ ƒ þY
- ✓ ƛƏƑƗǆǁƐ ƒ þY
- ✓ ƛƏƑƗǆǁƐ ƕʅ ƼƑǆǅǍ

ƑNJŧƪƽƑďžĎŽNj ƛəƑŧďžǁƐ ƒ ƥƳ

ŧŏƑƠƮùơŰƒ ƘƠùƞ!Ơƶďž!ƒ ŧùơƠŀ!ƒ ĎžƥƤķùƪƒ ƥl5 ƠnjķƠŏư Ƨ5Ă ŧƪƒƧƥ!ƒ ƻƒƥNjĐ ƇĂư Ŏ5

:Ŏǁŏ Ơďž! Ơl5Ă ǁ!ƦĂ ƠnjķƬƿƠŀjďž ĎžƛǗĂĐ ƝƑƠķŀj!ƒ ƯƧƵ Ďžķ ŧŏơ ŧŀƪƠŀjďž!ƒ

ƛəƑŧďžǁƐ ƒ ƥƳ :ŰNjƈ

(0.05 = α) ŧù!Ǖƥ ǎĂķƪùďž ƥŀjƵ ŧŏƑƠƮơƺ ŧ!Ǖƥ ƘƒƦ ƾĂƧ5 ƥƞĂķ :ĂǁNjŰƐ ŀŤƮƥƻǁƐ

Ŏù5 ŧùŏďžĂƞnj!ƒ ƘƒƧƠnjďž!ƒ ƇƒƥĐ ǇŏƪơķŎ5 Ŏǁƶ!ƒ ƔŏƧƥķ!ƒ ƧƛǕ ĭƥƶŀ!ƒĂ Ŏǁŀl!ƒ ǇŏƧƠŀķƤǕƒ ǇŏŀŤ

.ƧƬƠŀďž!ƒ ƔĂǁƪǕƒ ĎžƒƥƤķƪƠŀ ŧǁƪ!ƒ lƧŧ

ƘƠù5ƒƧơŀjǓƒĂ ŧŏŀƠƪùơ!ƒ ƘƠƱùƪĂķďž!ƒ ƜƒƧƤķùƪƒ Ďžķ ŧŏưƧƽ!ƒ ŀjƦNj ŧơƮ ǇďžƾlơķǍ!

ŧƵĂďžƞďž) ŧƵĂďžƞďž!ƒ ƥƒƧ5Ǖ ĭƥƶŀ!ƒĂ Ŏǁŀl!ƒ ǇŏƪƠl!ƒ Ǉďž ý ŧ! ĭƧƠnjďž!ƒ ƇƒƥǕƒ ǎĂķƪďž! ŧŏƧƠŏƶďž!ƒ

ǇŏùlŏŀƱķ!ƒ Ǉŏùŀ ƠŏƑƠƮùơƺ ŧ!ƒƥ!ƒ ƾĂƧƽ!ƒ ǇƠŏŀ! "Ƙ" ƧƠŀķƤƒ ĎžƒƥƤķƪƒ Ďžķ Ơďžŧ (ƧƬƠŀďž!ƒ ƔĂǁƪǕƒ

. ǁ!Ʀ Ǉŏŀŏ (4) ýĂƥƞ!ƒĂ Ü ĭƥƶŀ!ƒĂ Ŏǁŀl!ƒ

(4) !ƽƥ üNjƍǁƐ

l ƐƥƑƠŧƍŰƐ ĎžƮƠ ŀƯƠƐƥŧĎžǁƐ l ƑďžƑƮƠŧǁ "l" ƥƑƠŧƍƐNj ŀŤƥƑƮyĎžǁƐ l ƑƷƐƥƟďžŰƐNj ŀŤƠƑƨƟǁƐ l ƑƯƨNjŧĎžǁƐ

ƥƪƑƠĎžǁƐ ƒNjŧƨŰƐ ŀƳNjĎžƜĎž Ĭƺ ŀŤƍyƠǁƐNj ŀŤŧƠƾǁƐ

ŧ!Ǖƥ!ƒ ŧŏƑƠƮơŰƒ	ƘƠƞƧƥ ŧŏƧơ!ƒ	ŧďžŏp "Ƙ"	ƻƒƧơŀjǓƒ ĭƧƠŏƶďž!ƒ	ƱƪĂķďž!ƒ ŎŀƠƪơ!ƒ	ƥƥƶ!ƒ	ƾŏŀƱķ!ƒ	
.000	5	-13.000	.894	10.00	6	Ŏǁŀl!ƒ	ƱŏƱŀjķ!ƒ
			1.169	12.17	6	ĭƥƶŀ!ƒ	
.007	5	-4.443	.753	10.17	6	Ŏǁŀl!ƒ	Ǉďž ƔŏĂƮķ!ƒ
			1.033	12.67	6	ĭƥƶŀ!ƒ	ŧǁƪ!ƒ ýƽƪƒ
.076	5	-2.236	.548	1.50	6	Ŏǁŀl!ƒ	ƧŏƧďžķ!ƒ ŧƿƥ
			.000	2.00	6	ĭƥƶŀ!ƒ	
.006	5	4.620	1.049	32.50	6	Ŏǁŀl!ƒ	lƧĂƠơďž!ƒ
			1.633	27.67	6	ĭƥƶŀ!ƒ	

[illegible] (0.05 = α) [illegible] 5 [illegible]

. [illegible]

[illegible] (0.05 = α) [illegible]

[illegible]

. [illegible]

[illegible]

[illegible]

[illegible] "K" [illegible]

. [illegible] (5) [illegible]

(5) [illegible]

[illegible]

[illegible]	[illegible]	[illegible] "K"	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
.363	5	-1.000	.816	10.33	6	[illegible]	[illegible]
			1.033	10.67	6	[illegible]	
.034	5	-2.907	1.169	9.83	6	[illegible]	[illegible]
			.894	11.00	6	[illegible]	
.611	5	-.542	.516	1.33	6	[illegible]	[illegible]
			.548	1.50	6	[illegible]	
.005	5	4.781	1.049	32.50	6	[illegible]	[illegible]
			.983	29.83	6	[illegible]	

ƔŏĂƮùƙ!ƒ Ŏ5 (0.05 = α) ŀŏƑǴƮơƺ ŀ!Ǚþ ƘƒƦ ƨĂƧ5 þĂηĂ ǉǔƵƊ ýĂþη!ƒ ǈǆ ǈŏƕƙŏ

ƨĂƧù5 Ƨùǌǋƙ ǅ! ǴǆǉŏƕƖ .ĭ þƶƕ!ƒ ƧǴƕƤǙƒ Ơ!ǴƮ! ƨĂƧ5!ƒ ƘǴǴηĂ .ƖƧĂǴơǆ!ƒ Ă ŀǁƪ!ƒ ý5ƪƒ ǈǆ

.ƧŏƧǆƙ!ƒ ŀþþĂ ƱŏƱǉƙ!ƒ Ŏ5 ǴŏƑǴƮơƺ ŀ!ƒþ.

ǈŏùƕ (0.05 = α) ŀù!Ǚþ ăĂƙƪùǆ þùǉƵ ŀŏƑǴƮơƺ ŀ!Ǚþ ƘƒƦ ƨĂƧ5 þηĂƙ :ƕƙǁƑƙǁƐ ƕĭƮþƻǁƐ

Ŏù5 ŎùǁǀƶǉƒƔŏƧþùƙ!ƒ ƧùƛǕ ƧƬǴƕǆ ƧŏƷ!ƒĂ ƧƬǴƕǆ!ƒ ƔĂǁƪǙƒ Ŏ5 ĭ þƶƕ!ƒĂ Ŏǁƕ!ƒ ǈŏƧǴƕƤǙƒ

.ƧƬǴƕǆ!ƒ ƔĂǁƪǙƒ Ơ!ǴƮ!Ă ŀǁƪ!ƒ ƖƧǂ Ŏ5 ŀŏǆĂηǌ!ƒ ƘƒƧǴǌǆ!ƒ Ǵƒþƍ ǈŏƪơƙ

ŀùŏƧǴŏƶǆ!ƒ ƘǴù5ƒƧơǉǕƒĂ ŀŏƕǴƪùơ!ƒ ƘǴƱƪĂƙǆ!ƒ ƜƒƧƤƙƪƒ ǅƙ ýƒƋƪ!ƒ ƒƦǌ ǈƵ ŀƕǴηű!

ƔĂǁƪǙƒ ǕƧƬǴƕǆ!ƒ ƔĂǁƪǙƒ) ŀƵĂǆηǆ!ƒ ƧŏƷƙǆ! Ǵƶƕƙĭþƶƕ!ƒ ΣǴŏǀ!ƒ Ŏ5 ĭƧǴǌǆ!ƒ ǴƒþǙƒ ăĂƙƪǆ!

Ǖ"Ƙ" ƧǴùƕƙƤƒ ǅƒþƤƙùƪƒ ǅƙ ŀŏƕǴƪơ!ƒ ƘǴƱƪĂƙǆ!ƒ ǈǇŏƕ ŀŏƑǴƮơǙƒ ƨĂƧ5!ƒ ǈǴŏƕ!Ă Ǖ(ƧƬǴƕǆ Ƨŏƺ!ƒ

.ǁ!Ʀ ƠưĂƙ ǉǴǉþƊ ýĂƒþη!ƒĂ

ĂǂƳ ƕƳǋǇǆǇǁƐ þĭƸŀǇǁ ƑƴǴŀ "ƪ" þƑǴŀǇƐǋ ƕĭþƑĭƴǇǁƐ ƪƑƺƐþƟǆǙƐǋ ƕĭǴƑƨƟǁƐ ƪƑƯƨǋŀǇǁƐ

(6) !5þ ǖǋǊǇ ƕĭǊƴǴǁƐ ƪƐþƑǴŀǊǙƒ

ŀ!Ǚþ!ƒ ŀŏƑǴƮơǙƒ	ƘǴηƧþ ŀŏƧơ!ƒ	ŀǆŏp "Ƙ"	ƻƒƧơǉǙƒ ĭ ƧǴŏƶǆ!ƒ	ƱƪĂƙǆ!ƒ ŎƕǴƪơ!ƒ	þþƶ!ƒ	ŀƵĂǆηǆ!ƒ	
.040	10	2.355	1.169	12.17	6	1 ŀŏƕŏƧηƙ	ƱŏƱǉƙ!ƒ
			1.033	10.67	6	2 ŀŏƕŏƧηƙ	
.014	10	2.988	1.033	12.67	6	1 ŀŏƕŏƧηƙ	ǈǆ ƔŏĂƮƙ!ƒ
			.894	11.00	6	2 ŀŏƕŏƧηƙ	ŀǁƪ!ƒ ý5ƪƒ
.049	10	2.236	.000	2.00	6	1 ŀŏƕŏƧηƙ	ƧŏƧǆƙ!ƒ ŀþþ
			.548	1.50	6	2 ŀŏƕŏƧηƙ	
.019	10	-2.784	1.633	27.67	6	1 ŀŏƕŏƧηƙ	ƖƧĂǴơǆ!ƒ
			.983	29.83	6	2 ŀŏƕŏƧηƙ	

Ŏù5 ŎùǁǀƶƗƒ ƧĂƬùƙƗƒ Ƨǻǋ (Rour, 2000) ƚƪƒƧƥ ƴǅ ƘǀƼƙƒ ǅƚ ÜǀƧƑƱƗƒ ǀƧƚ Ŏ5 ƭơƪƗƒ

. ǀƧƑƱƗƒ ǀƧƚ Ŏ5 ƴǅǀƙƪŰƒĂ ƴƪƧŰƒ ǀƧǆ ǇŏƪơƘ

:ƕŏǅƑǁǀ ƕŏƬƥƺǁƑ ƕƭƚƴƚǅǁǀ ƛƋƑƚǅǁǀ ƕƪƼƑǅǅ :ƑŏǅƑƘ

ŎùǁƕƗƒ ǇŏùƪǅǀƗƒ Ǉŏùƕ ƚŏƑƬơƍ ƚƗŰƥ ƘƒƦ ƭĂƧ5 ƥĂƞĂ (5) ǅƿƧ ƴĂƥƞƗƒ ǇǅƠƯƙŏ

ƚǁƪƗƒ ƴƼƪƒ ǇǅƳŏĂƬƙƗƒ Ŏ5 ƧƬǅƕǅ ƧŏƺƗƒ ƳĂǁƪŰƒ ǅƒƥƤƙƪǅ ŎǁǀƶƗƒ ƳŏƧƥƙƗƒ ƚƵĂǅƞǅǁƗ ĭƥƶƕƗƒ

ƚƿƥĂ ƱŏƱǇƙƗƒ Ŏ5 ǅŏƑƬơƍ ƚƗƒƥ ƭĂƧ5 ƧǈǙƙ ǅƗ ǅǅǇŏƕ ÜĭƥƶƕƗƒ ƧǅƙƤŰƒ ƠƗǅƬƗĂ ƱǀƼ ǀƧĂǅơǅƗƒĂ

ƧùƬǅƕǅ ƧŏƺƗƒ ƳĂǁƪŰƒ ǅƒƥƤƙƪǅ ŎǁǀƶƗƒ ƳŏƧƥƙƗƒ ƚƵĂǅƞǅ ƇƒƥǇ Ŏ5 ǇƪơƙƗƒ ǇǇ ĬǇƶǅƕ .ƧŏƧǅƙƗƒ

ƒƦùƝ ƳƕùƪƚùơǅƗƒ ĂƨùƶŏĂ (ǀƧĂǅơǅƗƒĂ ƚǁƪƗƒ ƴƼƪƒ ǇǅƳŏĂƬƙƗƒ) Ŏ5 ƱǀƼ ǇƑƚ ƚƵĂǅƞǅƗƒ

ƘƒƧƑùƕƙƤŰƒ ǇƦùƞƕ ƱƕƙƧƙ ŎƙƗƒ ǇŏƧǅƙƗƒ Ǉǅ ƥŏƥƶƗƒ ĬǁƵ ŎƕŏƧƥƙƗƒ ƝǅƑǇƧƕƗƒ ƇƒĂƙơƒ ĬƗƍ ǇƪơƙƗƒ

.ƘƒƧǅƙƤŰƒ ǇƦƝ Ŏ5 ǇŏƕƵűƗƒ ǀƧƥƿ ǀƥƑŏƨ ĬƗƍ ăƥǇ ƳƧƥǅĂ ƳƵűƚ ƚơǅƕƗƒ ǀƧƕƤ ƳƪơƕƒƦƝĂ

:ƕƙǁƑǁǀ ƕŏƬƥƺǁƑ ƕƭƚƴƚǅǁǀ ƛƋƑƚǅǁǀ ƕƪƼƑǅǅ :ƑƙǁƑƘ

ƠƗƑƬùƗĂ ǇŏƙƵĂùǅƞǅƗƒ Ǉŏƕ ƑŏƑƬơƍ ƚƗƒƥ ƑƥĂƧ5 ǁǀƑǇƝ Ǉǋ (6) ǅƿƧ ƴĂƥƞƗƒ ǇǅƠƯƙŏ

ƚƵĂǅƞǅƗƒ ƥƒƧ5ǋ Ǉǋ ƝƑƙǇƗƒ ƘƧǈǙǋ ƚŏơ ÜƧƬǅƕǅƗƒ ƳĂǁƪŰƒ ǅƒƥƤƙƪǅ ŎǁǀƶƗƒ ƳŏƧƥƙƗƒ ƚƵĂǅƞǅ

ƥƒƧù5ǋ ǇùǅƗ ĬùǁƵǋ ƘƑƱƪĂƙǅ ƒĂǁƞƪ (ƧƬǅƕǅƗƒ ƳĂǁƪŰƒ ǅƒƥƤƙƪǅ ŎǁǀƶƗƒ ƳŏƧƥƙƗƒ ƚƵĂǅƞǅ)

(12.17) (ƱŏùƱǇƙƗƒ) ƴĂǕƒ ƧǅƙƤŰƒ Ŏ5 ǅǉƑƒƥǋ ƱƪĂƙǅ ƩǁƕƘ ƚŏơ ÜƚŏǇƑƗƒ ƚŏƕŏƧƞƙƗƒ ƚƵĂǅƞǅƗƒ

ƩùǁƕƘ5 (ƧŏƧǅƙƗƒ ƚƿƥ) ƧǅƙƤƒ ƑǅǋƦ (12.67) (ƚǁƪƗƒ ƴƼƪƒ ǇǅƳŏĂƬƙƗƒ) ŎǇƑƗƒ ƧǅƙƤŰƒ Ŏ5 ƩǁƕĂ

ƚùƵĂǅƞǅ ƥƒƧù5ǋ ƱƪĂƙǅ ǇƑƚ ƑǅǇŏƕ (27.67) (ǀƧĂǅơǅƗƒ) ƴƕƒƧƗƒ ƧǅƙƤŰƒ Ŏ5 ƩǁƕĂ (2.00)

ƩùǁƕĂ (10.67)(ƱŏƱǇƙƗƒ) ƴĂǕƒ ƧǅƙƤƗƒ Ŏ5 ƧƬǅƕǅƗƒ ƧŏƺƗ ƳĂǁƪŰƒ ǅƒƥƤƙƪǅ ŎǁǀƶƗƒ ƳŏƧƥƙƗƒ

ƩùǁƕƘ5 (ƧùŏƧǅƙƗƒ ƚùƿƥ) ƧƑùƕƙƤƒ ƑǅǋƦ (11.00) (ƚǁƪƗƒ ƴƼƪƒǋ ǇǅƳŏĂƬƙƗƒ) ŎǇƑƗƒ ƧǅƙƤŰƒ Ŏ5

Ǉŏùƕ ƭĂƧùƼƗƒ ƚùơǅƗƒ ĂƨùƶŏĂ Ü (2983) (ǀƧĂƑùơǅƗƒ) ƴƕƒƧƗƒ ƧǅƙƤŰƒ Ŏ5 ƩǁƕĂ (1.50)

ƔĂǁùƪŨǄ Ǒùǁǀƶǃƒ ƔǒƧþùǨǃƒ ǇǆǤǇƧǄǃ ǏǃĂŨƒ ƚǒǄǒƧƞǨǃƒ ƚƵĂǆƞǆǃƒ ǅƒþƤǨƪƒ ǏǃǪ ǇǑǨƵĂǆƞǆǃƒ

ƔǒƧþùǨǃƒ ǅƒþƤǨùƪǤǄ ƔǒƧþǨǃƒ Ǉǅ ƚǒơ Üĭ ƧǤǌǆǃƒ ǇǆǤǇƧǄǃƒ ƔǇǤƞ ǏǃǪ ƖþƵǤƪǆ ƚǁǒƪĂƚ ƧƬǄǆǃƒ

ǇǑùǄƵǖǃƒ ăþǃ þǒþƞǨǃƒĂ ƩǤǆơǃƒ ƖþǤǒƨ ǏǃǪ ăþǅ ƚơǄǃƒ ĭǅƧ ƔƪơǄ (ƧƬǄǆǃƒ ƔĂǁƪŨƒ) Ǒǁǀƶǃƒ

ýǒùƮǤƽǨ ǅǌƽ ǏǁƵ ƔƵǖǃƒ þƵǤƪ ǇǇǅ ǤǆƚÜǇǆǤǇƧǄǃƒ ƒǨǌ Ǒƽ ýǆƶǁǃ ǄơĂ ƚǒþƞ ƧλƚǅǅǌǁƶƞǤǆǆ

ĂùǄǅĂ ǑǇǒþƧǤùǆ ǇǃùǒǪ ƧǤƬǅǤǆ ƒǨǌĂ ÜƠǒơƮǃƒ ýƚƬǃǄǤǇǨǒƽǇǨĂǤǌƵǤƞƧǨƪƒ ƚǃĂǤơǆĂ ƖƧǤǌǆǃƒ

ƘǖưùƶǁǃƚǒǄƮƵƘǤƶƽþýǁǇǒơǆǃƒǇǤƽƔƵǖǃǑƚƧơǃƒ ǅǒþŨƒ ƚǃǤơǑƽǇǆǄ (2003) ǁƬƚǃƒ

ǅǒþŨƒ ǛǤùǨǇŰ Ƙǖưùƶǃƒ ǏǃǪ ơǆǃƒ ǇǆǇ ǁƧơǆǃƒ ǑǄƮƶǃƒ ƱǒƤǃƒ ƧǄƵ ƖƧǤλŰƒ ƚƞĂǆ ýǤǁǨǃ ĭǅ

ƚùǒƚƧơǃƒ ƘƒƧǤùǌǆǃƒ ǅǁƶǨ ƚƵƧƪ ǏǁƵ þƵǤƪǒ Ǒǁǀƶǃƒ ƔǒƧþǨǃƒ ǇǤƽ ǑǃǤǨǃǤǄĂ ÜþĂƮǁǆǃƒ ǑƚƧơǃƒ

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ǀƑĭƬǋǂǁǋ ǀƑǀǂƑǂǆǂƨŰǫ

ÛƑǋǂƪøƼƑǆǅǋ ƛƏƑǂǆǁǫ üĭǂƟǂǋ ƕĭƏƑƬƟŰǫ ǀƑǀǀƑyǅǁǫ Ăǁǀ ǭǫƑǆǂƨǫǋ ƕƨǫƥǫǁǫ ǀƑĭƮƥƷ ƀǋƮ Ĭƺ
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1. ǈǫ ƔõƧƥǂ! Ŏǀǀƺ!ƒ Ŏ5 ƧƛŰƒ Ŏ5 ǇǫƪơǬ ǇĵƥǄ Ŏ5 ƩǆǄǅƞǆ!ƒ ǂǆùõǁǂƧƞǂ!ƒ Ăŭƒ ù! Ĭ ǂƤǂǁŭ!ƧƒƘ
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3. ǁǄǉǋ ǇǫƪơǬ ǕĂơǆǄ Ŏ5 ǀƧǄǋǆ ƱõƱǉǂ!ƒ ăƥ! ǂùƩǆǄǆƞǆ!ƒ ǂùõǁƧƞǂ!ƒ ǂù!ĂŰƒ Ĭ ǂùǉƧǄǆ
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:Ĭǂĭ ƑǅǄ ƘƟƑǄǁǫ ĬƬǋĭ ǀƑǀǀƑǆǂƨǫ ǅǅ ƕƨǫƥǫǁǫ ǇĭǁǀǄ ǀǂƬǋǂ ƑǅƀǋƮ Ĭƺ

1. ǅƒƥƤǂƒ ǆǆǄǉƧǆ ƔõƧƥǂ!ƒ ǆǆǄǉƧǆ! ǂƼǄưŰǆ ĭ ƧǄǌǆ!ƒ ƔõƧƥǂ!ƒ Ŏǀǀƶ!ƒ ǂǁõƪĂǂ Ƨ õĂùƱǂ!
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2. ǅƒƥƤǂƪƒ ƔõƧƥǂ!ƒ ƔõǄƪǆ ƥơǂ Ŏǀǀƶ!ƒ ƔõƧƥǂ!ƒ Ŏ5 ǂõǁǆƶ!ƒ ǂõǆõǁƶǂ!ƒ ǂõǁǂƧƥǂ!ƒĂ.

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.(ǂǆƪ!ƒ ýƼƪǆ ǇǆǄ ƔõĂƬǂ!ƒ ǕǀƧĂǄơǆ!ƒ ǕƧõƧǆǂ!ƒ ǂƥƥ ǕƱõƱǉǂ!ƒ)

5. ƒưǂƼǄǂ Ŏǀǀƶ!ƒ ƔõƧƥǂ!ƒ ƥơǂ ƔõǄƪǆ ƔõƧƥǂ!ƒ ǂǆǂǂ! ǂõǁƶǆ! ǂõǆõǁƶǂ!ƒĂ ǂõǁǂƧƥǂ!ƒĂ.

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بسم الله الرحمن الرحيم

الإستاذ الدكتور عميد كلية التربية الرياضية المحترم
بواسطة الدكتور رئيس قسم التربية البدنية المحترم
تحية تقدير واحترام:
راجياً من حضرتكم التكرم السماح لي بإجراء دراستي على طلبة كلية التربية الرياضية والتي هي بعنوان
" اثر التدريب العقلي على تحسين الأداء في المهارات الأساسية في كرة السلة باستخدام الأسلوب المباشر والغير مباشر "

لذا أغدو ممتنا بالموافقة والإيعاز لمن يلزم لتسهيل مهمتي وتمكيني من تطبيق البرنامج التدريبي الخاص بدراستي.

شاكراً لكم تعاونكم سلفاً

الطالب : بدر فايز موسى الابراهيم
الرقم: ٢٠٠٨٣٨٢٠٢١
قسم التربية البدنية
التوقيع

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	✓ ýù‡ ýzŋƒ Sŏ5ƨ!ƒ þǀZ Üł!ĆƱŰĆ LJƱ!ƒ Ƙŭưz! ŁƮS5!ƒ ƱZƒ ƾŏnjT!ƒ þǀZ ýù5kSk LJƱù!ƒ Ƙŭưz LJ SzTƒ ƾŏnjT!ƒ þǀZ ÜCĆPSkƪĆ Džƪŋ!ƒ ƘŭưZ ÜLJƱ!Ćù YĆù5kSŬĆ SĂzTù!ƒ ýùdž ƾŏnjùT ÜSŏ5ƨ!ƒ þǀZ CĆPSkƪƒ ÜĂzkĂ .CĆPSkƪƒ.........Sŏ5ƨ ✓ .CĆPSkƪƒ .....CĆPSkƪƒ .....CĆPSkƪƒ .....CĆPSkƪƒ Üy5kSk LJƱ!ƒ

:ơĭþƑ	.ȟkǀƑk ƔƟNǀ :üNjŬ ƱNjĆƨŬ .ĬłPǀ ƅƑǀþłƨŬ DžƑƾłNj ÜĬłƾy !łyŁ :ĬDžĭłyŁ ƩƟNǀ
ǀƑưƟúDž	ǀƑNjŁƟDž
• .ƠŏSdž ýưĂ ƩĂŋ!ƒ • . ŁƑþĆNj ƘĆnjŏŋĂk • CƒþŰƒ ƘĆùpĂ þùŏþơk! LJŏZŭ!ƒ ŁpƒSdž .ŁơƒS!ƒ ƘĆpĂĂ • . ŁƪĆǀdž!ƒ ƘƒSƒS‡k!ƒ • .ŁŏþS5!ƒ ƾĂS5!ƒ ǀĆZƒSdž	• ĬZ ƔŏSþk!ƒ LJdž ĆĆnjkǀŬƒ þzŏ Ŏkdŏ ĭŖ!ƒ Ŏz!ƒ CĆPSkƪŬƒ SĂþĂ ŁŏdžNj Ơŏ ưĂk Ŏù5 DžNjĆƪŏ Ŏ!Ćk!ĆĂ Ŏưz!ƒ SkĂk!ƒ Ư5P ĬZ þZĆƪŏ ĭŖ!ƒ Ŏưz!ƒ CĆPSkƪŬƒ .Ŏz!ƒ SkĂk!ƒ Ư5P • Üþùnjŋ!ƒ DžþùZ ÜýdžĆ‡!ƒ ŎZĂ!Ć ƨŏdžkk ŁŏZ Ĭ!ǫ ýĂƮĂ!ƒĂ CĆPSkƪŭ! ŁĆŋkƪŬƒ .ǀĆkǀŬƒ ƨŏ‡Sk ĬZ ǀþZĆƪdž!ƒĂ ýz!ƒ ŁƑþnjk ÜŎƑĆk!ƒ CĆPSkƪŬƒ • .CĆPSkƪŭ! ŁĆŋkƪŬĆ Łŏz!ƒ ŁƩS!ƒĂ ÜƠŏSdž ýưĂĂ ƟþĆNj LJĆ‡dž SĆŏkPƒ • LJƱù!ƒ LJùdž Ʃ5ǀùk ÜƧǀŬƒ LJdž ĆƑŏƱ ĆŏdžZ ƾŏnjT ŖPdž ǁ!ŖĂ ÜƩ5ǀ!Ć Dž‡ơk!ƒ ƾùŏSƱ LJùZ Džù5!ƒ ýŭP LJdž CĆƱ ǁSĆP!ƒ Ĭ!ǫ Sŏ5ƨ!ƒ yƃþ ÜƨŋĆơ!ƒ ƔĆŋơ!ƒĂ .ýdžĆ‡!ƒ CĆPSkƪŬƒ • ŁùŏǀƱǀdž!ƒ ŁTpĆǀdž!ƒĂ ÜĆnjŏZ ƧSzk!ƒĂ ŁŏǀƱǀdž!ƒ SŏƩ SĆ‡5Ŭƒ þŏþơk ƔZŭ!ƒ DžĂǀŏ . ł ơĆ!ƒ ǀþZĆƪdž ǁ!Ŗ DžkŏĂ ÜŁŏĆŋŏƒ SĆ‡5Ć ĆnjƑþkƪƒĂ ŁŏǀƱǀdž!ƒ SŏƩ SĆ‡5ŭ! • .ŁƑŏƪ!ƒ SĆ‡5Ŭƒ ýĆǀdž ŁŏkƒŖ ŁŏĆŋŏƒ ƘƒSĆZ þƒþZǫ • .ŁŏĆŋŏŬƒ SĆ‡5ŬĆ Łŏƪ!ƒ SĆ‡5Ŭƒ ýŏþkĂ Łŏưz!ƒ CĆPSkƪŬƒ ŁŏSƱ ŁƪSĆdždž

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(3) ϿΘǂƉǁǁ

Ĭǂƨyǁǁ ƒĭƥƣǂǁǁ ƛƉƑƌƥƓ

ƥƪƑƓƉ ƥĭƷ ƒǋǂƨƈ

:ơĭƥƑǂǁǁ	.ĂǁǋǓƐ Ɣqǁǁ :üǋǓƐ ƱǋƓƨǓƐ .ĬǂƐǁǁ ƅƑƢƥǂƨǕƐ Ĭƺ ƥĭǀƶǂǁǁ ƙĭƉǈ ŋĭƮǋǂ : ƹqǋǁǁ
ǀƑưΘǘƉ	ǀƑĭǋǂΘƉǁǁ
• .ƠŏƧƌ ƴưĂƙ ƩĂǁŋ!ƒ • . ƘƓǌŏŋĂƙ ƇƓƱƵƒ • Ƙƒƨƒƨǂƙ!ƒ • .ǂŏƥƨƽ!ƒ ƭĂƨƽ!ƒ ǀƓƵƒƨƌ • .ΘƓŋǈ!ƒ ƭŏǀơƙǁ! ǇŏƙƵǘ!ƒ ƳƓǈƥ ǂŏƌǋƉ	• .Ŏǁǁ ƸĂƮƙĂ ƇƓƤƨƙƪƒ ǇƌŎǁǁƶ!ƒ ƔŏƨƥƘ!ƒ ǂŏƌǋƉ ƠŏưĂƙĂ ƉƓƵ ΘƧƬ • ǀƨƥù!ƒ ƘƓƙƛǓ ƉǌƙƑƥǌƙ Ɖƛ ƉǋƨƙĂƙ Ǉƌ ƥŏƨƙĂ ǇŏƙƵǘ!ƒ ǀƨƓƙƪǓ ǀƨŏƮƥ ǂƮƥ ƇƓƱƵƥ ǀǁǁƵ ǀƨƱŏƪ!ƒ ǁǁƵ .ƓǈƨƓǂϿƉ ƴǘƤ ǇƌƓǈƌƓƪŋƉ • .ŎƙƒƦ!ƒ ƇƓƤƨƙƪǓƒ ǇŏƨƓƌƙƙ ƇƥƙƙƒƓ 1. (ƭŏǌƬ!ƒ) Ʃƽǈƙ!ƒ ƦƤƌŏ ǇƉ ǀƓƵƒƨƌ ƴƌ ƭŏƌƵ Ʃƽǈƙ!ƒ ǇĂǂŏ ǂŏơƙ Ʃƽǈƙ!ƒ ǂŏǁǁƌƵ ƇƒƥƉ .Ɖƽ!ƒ ǇƌƓ (ƨŏϿƨ!ƒ) ƻǈǕƒ ǇƌƓ 2. Ŏù5 ƨƒƨƌƙƪǓƒĂ ǇƓǂƌ!ƒ Ŏ5 ǂǈŏƶƌ ǂƱǀǈ! ǇŏƙƵǘ!ƒ (ƨƲǈ) ǈƓƙƙǈƒ ǋŏŋĂƙ Ĭǁǁ ƥŏǂƌƙ!ƒ .Ʃƽǈƙ!ƒ 3. Ʃƽǈùƙ!ƒ Ĭùǁǁ ƨŏǂƨƙ!ƒĂ ǘƌƓǂ Ɖƪŋ!ƒ Ăơǈ Ɖƪŋ!ƒ ƇƒƨŋƉ ǇƌƓ ƩƓƪơǗƓ ƴƓǀƙǈǗƒ . Ɖƪŋ!ƒ Ƙǘưƶ Ĭǁǁ ƴƮƓơ!ƒ ƨƙĂƙ!ƒ ƻŏϿƤƙ ǂ!ĂƓơƌ ǗƉƲƙǈƌ!ƒ 4. Ɖùƛ Ʃƽǈƙ!ƒ ƴƌ ǂǌƙŋ!ƒ ǇƌƓ ƨƙĂƙ!ƒ ƜĂƨƤƙ ǗǋǁŋĂ!ƒ Ƙǘưƶ Ŏ5 ƇƓƤƨƙƪǓƒ ǂ!ĂƓơƌ ǇŏǈŏƵ!Ɠùƙ ǂùƱŏơƌ!ƒ Ƙǘưùƶ!ƒ ǗƩƽǈƙ!ƒ Ŏ5 ƉƓƲƙǈƪǓƒ ǀƓƵƒƨƌ ƴƌ Ʃƽǈƙ!ƒ ƴƌ ǁǁƽ!ƒ .ΘƥƓǋ Ɖƪŋ!ƒĂ ǂŏƤƨƙƪƌ

:ơĭþŀǁǁ	.ħŭǁǁ ƴǫΘŊǁǁ :üŊǓǁ ƱŊǴ ƨǓǁ .Ĭŀǁǁ ƀƒǪþŀƨǗǁŊ Ƨ ǁǁǁ ǅĭþƒǅŀ !ĭŧƴŀ : Ĭǅĭŧƴŀǁǁ ƹ ǫŊǁǁ
l ƒưΘǘǅ	lƒĬŊŀΘǅǁǁ
• .ƠŏƧǆ ƴưĂ Σ Ăǁǁη!ƒ • ŀƒþǴŊ ƘǴŋŏηĂķ • Ǵƒþǖƒ ƘǴùþĂǅ þŏþơķ! ǇŏħƵǘ!ƒ ŀħƥƒƧǆ .ŀơƒƧ!ƒ ƘǴþĂǅĂ • ŀħƪǴǆ!ƒ Ƙƒƨƒƨŧķ!ƒ • .ŀŏþƨƽ!ƒ ƽĂƧƽ!ƒ ǇǴƵƒƧǆ • .ΘǴηǁ!ƒ ƽŏlơķǁ! ǇŏħƵǘ!ƒ ƳǴǁþǫ ŀŏǆŊǅ	❖ .Ŏǁlƶ ƧĂƮķĂ ǇǴƤƧķƪƒ ǇǆŎǁlƶ!ƒ ƔŏƧþķ!ƒ ŀŏǆŊǅ ƠŏưĂķ ΘƧƮ ❖ :Ŏǁŏ Ǵǆŧ (orlick1990 ǁŏ!ƧĂƒ ƨƒĂơ) ŎķƒƦ!ƒ ǇǴƤƧķƪǗƒ ǇŏƧǴǆķħ Ǵþħ!ƒ ✓ ƧǴƮùķǁǴħ ƧĂƶƮù!ƒ ǗǅƪùƞƒǴƨηǅ ƴŏǆη Ŏƽ ǇǴƤƧķƪǗƠŏƧǆ ƴưĂ ƦǴƤķƒ .ǇƱħĂ Ŋ!Ăŋƪħ Σƽǁķ!ƒ ǗǅƪǁηƒǴƨηǅ ƴŏǆη Ŏƽ ǇǴƤƧķƪǗƒ ✓ Ŏùƽ Ƨŧƽ ǗƱǴƮǆǖƒ Ŏƽ ǇǴƤƧķƪǴħ ƧƶƮƒǗǘŏǁþ ƱǴƮǆǖƒ ǁƧơ ǗǇŏǆþǁ!Ǵħ ƧƶƮƒ ƘǘưƵ Ŏƽ Ƨŧƽ ǗƴǆǴŧ ǇǴƤƧķƪƒ Ŏƽ ƦƤƽ!ƒ ƘǘưƵ ƴƶηƒĂ ƦƤƽ!ƒ ƘǘưƵ ǇŏǁηƧ!ƒ Ƙǘư Ƶ Ŏƽ Ƨŧƽ ǗƴǆǴŧ ǇǴƤƧķƪƒ Ŏƽ ƽǴƪ!ƒ Ƙǘư Ƶ ƴƶηƒĂ ƽǴƪ!ƒ .lþƶlǆ!ƒ Ƙǘư Ƶ Ŏƽ ǇǴƤƧķƪƒǗƴǆǴŧ ǇǴƤƧķƪƒ Ŏƽ ǇŏǁηƧ!ƒ Ƙǘư Ƶ ƴƶηƒĂ ✓ ǉƦùŊ Ŏùƽ ǇǴƤƧķùƪǴħ ƧƶùƮƒ ǗŎǁƽƪù!ƒ ƧŋƱ!ƒ Ƙǘư Ƶ Ŏƽ ǉǴħķǉǗƒ ƨŧƧ .Ǵǁƶ!ƒ ƧŋƱ!ƒ Ƙǘư Ƶ Ŏƽ ƧƮķǉŏ ǇǴƤƧķƪǗƒ ǇǆħƧƮƒ ǗƘǘưƶ!ƒ ✓ ǇƻþùƵ!ƒ Ŏƽ Ƨŧƽ ǗƴƒǴƮǗǴħ ƻŏƽƤ ƨƤĂħ ƧƶƮƒ ǗƴƒǴƮǗƒ Ĭǁǁƶ ǉǴħķǉǗƒ ƨŧƧ ǗǇŏùƽŧ!ƒ Ŏƽ ǇǴƤƧķƪǗǴħ ƧƶƮƒ ǗǁƶǴƮǅ Ŏƽ ǇǴƤƧķƪǗǴħ ƧƶƮƒ ǗƴƒǴƮǖƒ Ŏƽ .ǇŏƽķŧƒĂ ǗǇŏþưƶ!ƒ ǗǇŏþƵǴƪ!ƒ ✓ .Ƙǘưƶ!ƒ ǉƦŊ Ŏƽ ƴǆǴŧ!ƒ ǇǴƤƧķƪǗǴħ ƧƶƮƒ ✓ .ŀħƥƧ!ƒ Ƙǘư Ƶ Ŏƽ ǇǴƤƧķƪƒ ✓ .ǅǴķ ǇǴƤƧķƪƒ Ŏƽ ǁƪǅƧ ǇǆħƧƮƒ ǗǁƽƧ!ƒ Ƙǘư Ƶ Ŏƽ ǇǴƤƧķƪƒ ✓ ǇǴƤƧķùƪƒ ǅǉ ƯǴħǁǉǗƒ Ĭǁǁƶ ŀƱƽǴơǆ!ƒ ƴǆǅƪη!ƒ Ŏƽ Ƙǘưƶ!ƒ ƴŏǆη Ưħƥƒ ǇǴƤƧķùƪƒ ŀ!Ǵơ Ŏƽ ǁǆƪη ǴƨηǅƒǴƴŏǆη ǇǅŎƽ ƧƶƮƒ ǗƘǴƵĂǆηǆ!ƒ ǉƦŊ Ŏƽ .ǇǴƤƧķƪǗƒ ǇǆŀǆǴķ!ƒ ŀ!Ǵơ!ƒ ǉƦŋħ ƴķǆķƪƒ ǗǅǴķ ✓ .ŀ!Ăŋƪ Ă ǇƱħħ Σƽǁķ ǗΣƽǁķ!ƒ Ĭǁǁƶ ǉǴħķǉǗƒ ƨŧƧ ǗŀlŏþlþǆƧ! ŀơƒƧ

	✓ ƀǀǛ ŒŮŸ Ţ!ǂǙǛǂ ĮŌƛ!ƒ Ǩŭ ưż! ŦƮ Şƽ!ƒ ƠŻƒ ƨŏŉŢ!ƒ ƀǀǛ Ǜŧ ŷŷƒ Şŏƽƨ!ƒ ƀǀǛ Ŧ ýùŧ ŷǙƽǨŞǩ ĿƠǛù!ƒ Ǩŭ ưŻ ĿŊ ŞżŢƒ ƨŏŉŢ!ƒ ƀǀŻ ǛČǂƤŞǩƪǂǛ ǅƪŋ!ƒ Ǩŭ ưŻ ǛĿƠǛ!Ǆùǚ ƳǂùƽǨŞŬǂǛ ŞĂżŢù!ƒ ŷùǅ ƨŏŉùŢ ǛŞŏƽƨ!ƒ ƀǀŻ ČǂƤŞǩƪƒ ǛĂŀżǩĂ .ČǂƤŞǩƪƒ.........Şŏƽƨ
	✓ ƨǙƽǨŞǩ ĿƠǛ!ƒ ČǂƤŞǩƪƒ .....ČǂƤŞǩƪƒ .....ČǂƤŞǩƪƒ .....ČǂƤŞǩƪƒ.

:ơǏƀƑŧǀ	.ƕǩŀƑǩŀ ƔƢƟŊǀ :ǖŊǛǀ ƠŊǂƨǛǀ .ǏŧƤǀ ƀƑƢƀŧƨǛǀ ǅƒƨŧǅŊ ǛǏŧƞǀ ƀƑƢƀŧƨǛǀ !ǐŧƞ : ǏǅǏŧƞŧǀ ƩƓŊǀ
ƪƑưƟǘǅ	ƪƑǕŊŧƟǅǀ
• .ƠŏŞǅ ƴưĂǚ ƩĂŀƞ!ƒ • . ŧƑƀǂŊ ǨǂŊŏƞĂǩ • ČƒƀǛƒ ǨǂùƤĂŊ ƀùŏƀơǩ! ĿƠǛŻǘ!ƒ ŧǚƒŞǅ .ŧơƒŞ!ƒ ǨǂƤĂŊĂ • . ŧǚƪǂǀǅ!ƒ ǨƒŞŞŧǩ!ƒ • .ŧŏƀŞƽ!ƒ ƨĂŞƽ!ƒ ƚǂŻƒŞǅ	• ǏŀŻ ƔŏŞƀǩ!ƒ ĿǅČǂŊǩǀǛƒ ƀżǚ ŏǩǅŏ ǏŖ!ƒ Ŏŀŀż!ƒ ČǂƤŞǩƪǛƒ ŞĂƀĂ ŧŏǅŊŊ ƠŏưĂǩ Ŏù5 ǅŊǂƪŏ Ŏ!ǂǩ!ǂǚĂ Ŏŀưż!ƒ ŞǩĂǩ!ƒ ƯƽƤ ǏŀŻ ƀŻǂƪŏ ǏŖ!ƒ Ŏŀưż!ƒ ČǂƤŞǩƪǛƒ .Ŏŀżż!ƒ ŞǩĂǩ!ƒ ƯƽƤ • ǛƀùŊƞ!ƒ ǅƀùŻ ǛǚǅǂŦ!ƒ ŎŻĂ!ǂǚ ƨŏǅǩǩ ŧŏŀżŻ Ǐ!ƍ ǚĂƮĂ!ƒĂ ČǂƤŞǩƪǘ! ŧǚǂƞǩƪǛƒ .ƪǂǩǀǛƒ ƨŏŧŞǩ ǏŀŻ ƪƀŻǂƪǅ!ƒĂ ǚżż!ƒ ŧƑƀŊǩ ǛŎƑǂǀǩ!ƒ ČǂƤŞǩƪǛƒ • .ČǂƤŞǩƪǘ! ŧǚǂƞǩƪǛǂǛ ŧŏŀż!ƒ ŧǚƩŞ!ƒĂ ǛƠŏŞǅ ƴưĂĂ ƟƀǂŊ ĿǂŧǅŞǂŏƤƒ • ĿƠǛù!ƒ ĿǛǅ ƩƽǛǚ ǛƻǛǛƒ ĿǛǅ ǂƒŏƠǚ ǂŀŏǅŻ ƨŏŉŢ ƦƤǚ Ŀ!ƦĂ ǛƩƽǛ!ǂǚ ǅŧơǩ!ƒ ƨùŏŞƠ ĿùŻ ǅù5!ƒ ƀǘƤ ĿǅČǂƠǚ ǛŞČƤ!ƒ Ǐ!ƍ Şŏƽƨ!ƒ ƴƽƀ ǛƨƞǂƠ!ƒ ƔǂƞƠ!ƒĂ .ǂǅǂŧ!ƒ ČǂƤŞǩƪǛƒ • ŧùŏƪƠǛǅ!ƒ ŧƮǂǚǅ!ƒĂ ǛǂŊŏŀŻ ƧŞǩ!ƒĂ ŧŏƪƠǚǅ!ƒ ŞŏƩ Şǂŧ5Ǜƒ ƀŏƀơǚ ƔŻǘ!ƒ ǅĂŀŏ . ŧ ơǂǚ!ƒ ƪƀŻǂƪǅǚ Ŀ!Ɩ ǅǩŏĂ ǛŧŏǅǂƞŏƒŞǂŧ5ǂǚ ǂŊ!ƒƀǚǩƪĂ ŧŏƪƠǚǅ!ƒ ŞŏƩ Şǂŧ5ǘ! • .ŧƑŏƪ!ƒ Şǂŧ5Ǜƒ ƴǚǂŀǅ ŧŏǩƒƖ ŧŏǚǂƞŏƒ ǨƒŞǂǚŻ ƀƒƀŻƍ • .ŧŏǚǂƞŏǛƒ Şǂŧ5ǛǂǛ ŧŏǚƪ!ƒ Şǂŧ5Ǜƒ ƴŏƀǚǩĂ ŧŏŀưż!ƒ ČǂƤŞǩƪǛƒ ŧŀŏƠ ŧƪŞǂǅǅ

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• ƊƁƗƃƄƃ ƒƃƎƇƄƃ ƕƌƃƈƃ. • ƊƗƃƈƃ ƑƃƊƃ ƕƌƃƈƃ.	• ƍƅƕƃƃƌƃƂ ƒƃƃƁƍƃƃƄƃ ƍƕƃƈƃƃƊƃ ƗƃƃƆƃ ƍƃƎƁƍ . • ƑƃƃƈƊƃƃƃ ƗƃƃƆƃ ƍƃƃƈƃƃƄƃ (ƗƃƃƃƃƆƃ ƍƅƕƃƃƌƃƂ ƍƕƃ (ƌƈƃƕƂƃ ƒƃƃƃ ƊƆƃƃƃ ƕƌƃƈƃ ƑƃƃƃƊƃ ƕƌƃƈƃ ƒƃƎƇƄƃ ƑƃƆƃƅƃ ƑƃƃƊƃ. • مشاهدة افلام (CD) لمهارات التحكم والمحاورة والاسترجاع الذهني بعد المشاهدة • ƕƌƃƈƃ ƑƃƃƈƊƃ ƒƃƆƃ ƑƃƃƃƆƃ ƒƃƃƃƃ ƍƃƃƃƃƃƃ ƗƃƃƃƄƃ.

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	: ǤnjdžNjDĂ Ŏ!ǤÅdž!ƒ - .ƥƒƥzk Ǔƒ ǂ5pĂ - .ǂơŏơ Ţ!ƒ ǂløSƱ!Ǥh lS‡!ƒ ll ƪdž - .ǂdžƑǤl!ƒ NhT ǤőƒĂƨ!ƒ ǏlZ ǂU5ǤơdžƒĂ ǈŏkh‡S!ƒ ŎǈƛX • .ƘƒSdž 5-4 ǈdž ʂdžzh Σ5ǉk!ƒ • . Ŏ‡Sơ!ƒ ƨǤzŏǓƒ ƴdž ƘƒSǤnjdžǚ! ǂŏ‡Sơ!ƒ ƘƒSǤnjdž!ƒ ƴ‡ SĂŢk ǂ!ĂǤơdž

:ơĭƥƑǂǁ	. ƔƥƪƳ hǔdžƑklǁ ƔqƟNjlǁ : Ƨ qƑƨlǁ ƱNjǤƨǓǁ l ǫƥƑøNjDžlǁ Ǐƺ !ƨǖlǁ ƲŢNj ƥNjŢǂ hllNjƑƟDžNjÛ ǏǂƤlǁ ƅƒƍƥǂƨǓǁ Ă‡Ƴ ƒĭƥqlǁ ƥǫƥlǂ : ǏDžĭ‡yǂlǁ ƹ qNjlǁ hh‡ƨlǁ ƔƥI Ǐƺ (ƔƥNjƑƟDžlǁ Û ƥĭƥDžǂlǁ Û ƒĭNjŢǂlǁ)
l ƑưƟǘDž	l ƑĭNjǂƟDžlǁ
• .ǈŏSǤdžk!ƒ ǈŏh DžǓǉǉdž!ƒ Σ5ǉk!ƒ ǏlZ ƨŏ‡Sk!ƒ • ƴǚP ǈdž Ŏll z!ƒ SĂŢk!ƒ ǂŏldžZ ƴŏnjƪk ǂ!ĂǤơdž Džƪùη!ƒ Ǥƒƨùη Ǐù lZ ƨùŏ‡Sk!ƒ Ŏ5 ǖSƥk!ƒ .ǂ5lkPdž!ƒ	• ǂùŏ!Ǔ ƴĂù ŢĂ!ƒ Ǐkơ SƒSdžk ƪǤh ǈƱh!ƒ ǈdž (Sŏ5ƨ ÜʂŏnjT) Σ5ǉk!ƒ ǂŏldžZ SƒS‡k . Σ5ǉk!ƒ • ƘƒSǤnjdž!ƒ ǈZ ǂ‡SơkdžĂ ǂkhǤX SĂŢ ƲSZ • SĂŢ!ƒ lƥNjǤTdž ƥzh ƘƒSǤnjdžǚ! ŎǉNjR!ƒ ƳǤηSk ƪǓƒ • مشاهدة افلام (CD) للمهارات المعطاة • Džǚ5Ǔƒ lƥNjǤTdž ƥzh ƘƒSǤnjdžǚ! ŎǉNjR!ƒ ƳǤηSk ƪǓƒ • Ơŏơ Ţù!ƒ ljƋƒƥDĂ Σ5ǉk!ƒ ǏlZ DžƑƒƥ!ƒ ƨŏ‡Sk!ƒ ƴdž ǂ5lkPdž!ƒ Džƪη!ƒ Ǥƒƨηǚ ƴǤlkǉǓƒ .SPDĂ Ǥƨη ǈŏh • .ǈǤklǉƺdž ǈǤǈŏz!ƒĂ lSŏh‡ ǤǤưŏh lSƒƒƥ ǏlZ ƨŏ‡Sk!ƒ - .ǤƒSdžơ lSŏƺŢ lSƒƒƥ! lSĂŢ ƴhƱ ǂ!ĂǤơdž - .ǤƒS5Ţ DžX ǤƒƥĂƪ Ǐ!ƹ lSƒƒƥ!ƒ ǈĂ! Sŏƺk • . ƘƒSǤnjdž!ƒ Ʀŏ5ǉk ǤǤǉƛD Džƪη!ƒ ǂ‡Sơ SĂŢk

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• ǺŜơ: ǅǚǙ ŷǒǆǌ ǨǴŎǔǒŜ!ƒ ǍǇŎ ǔǆ ǜ ǵ ǙǚǞ ǏŜơ.	

ǝǔǅǓǛǐ ƻǛ: ǟǞǞǜǏǙǍǙǈ ǞǒǘǕǙǏ .. ǚ ǡ ǘ ǅǑ ǛǒǛǏǅǚ ǟǞǠǜǏǙǍ ǘ ǏǑǚǏǍ ǐ: ǓǘǛǡǍǝǅǑ	:ơǑǚǜǏǙ
ǙǏǛǞǐǛǅǍ	ǙǒǞǙǐǅ
• ǙǕŜǚ ǧ ǓǚǝǙŜ ǟǍǚǛǞǝ Σ ǓǛǅǙǎ ŷǕ ǏǒŜǚ!ƒ ǕǚǍ ǓǒǑǙ Ʀ. • ǨǞǙǚǜǏǕǕ!ƒ Ǒ ǚ ǒ Ǒǚ Ö5 ǓǙǙ!ƒ ǆǒǎ ư Ă ǍǊ ǆǆǍơǛǚ ǆǘǆǙ ǍǓ ǛǍ . • ǓǚǍǙǓǕ ǙǕ!ƒ Ǔǆǒư Ă ǍǊ ǓǓ5ƒ ǙǚǓǝǕ . • ǙǕǙǚǙ ý ǂ Ö5 ǓǙǙ!ƒ ý ư Ă ǍǊ ǆǆǍơǛǚ ǆǘǆǙ ǍǓ ǛǍ . • .ƥƒƥǕǙǛǞ ý ư Ă Ö5 ǓǙǙ!ƒ ý ư Ă ǍǓǛǙ • مشاهدة افلام (CD) للمهارات وتصورها بوقت اسرع . • . ǨƒǍǙǚǙǕ!ƒ ǘǙǙǕ Ö5 ý ǂǂ ǓǙǙ!ƒ ǆǆǍơ ǍǓǛǙ • .ǞǙǙǅǙǕ!ƒ ǙǙǙǙǕ!ƒ Ǐ!ƒ ýǓǛǙǙ! Σ ǓǙ!ƒ ý ǓǙ ǍǙǍǙǎǘǙ!ƒ ǙǙǙ ǍƒǍǂǙ • Öù5 ǨǞǙǙǅǙǞǙƒǙ ǍǙǙǙǙ!ƒ ǨǙǛ! ǆǛơǙǛǙ ǆǒǎ ư Ă ý ǓǙ ǨƒǍǙǚǙǕ!ƒ Ǚǚƥ ǍǓǛǙ ǨǙǙ5ǙǕ!ƒ ǙǙǙǚ	• ǙǙǍǍǙǙǙ ýǓǙǙ ǍǓǕ ǍǙǔǍǍǕ!ƒ ý ǒǙǚ ǙǓǛǙ ǨƒǍǙǚǙǕ!ƒ ǙƒǚǍǙ ƨǂǍǙǕ!ƒ Ǐǚ ǍǙǙǙǙǙǚǙǙ ǙǙǙǚǙǙǙǙǙǙǙ ǙǙǙǙ ǙǙǙǙǙǙ ǆ ǆǍǙ ǙǕ!ƒ ǆǙǙǙǙǙ ǒǙǙǙǙǙ ǙǙǙǙǙ ǍǙǍǓǙǙǙ .ƥƒƥǕǙǛǞ ǆ!ǍǙ Ö5 ǙǙǙǙ ǆǙǙǙǙ!ƒ ǨƒǍǙǚǙǕ!ƒ

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ɭ ƐNjơǗƐ

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ƅƐơǗƐ ɭƑƻƬƐNjDž

ǂùǆǓƶǂ ƇƥǊ!ƒ ɭƧǴƬǫ ƳǴǆʅ ƥǉƵǍ ɭƧǂ!Ǵ ǁʅǆǆ ǍNjǍ ɭƧƬǴǆ ǂǁʅ!ƒ ƘơƘ ƧǊƘƤǆ!ƒ ƻlǒ

Ǆùƛ ǂǁʅù!ƒ Ǒù5 ɭƧǂ!ƒ ýǴƤƥǫ ǕǍǴơǆ (ǋǒƥǒ!Ǵ ǍD ɭƥơƒǍ ƥǒǊ) ǂǁʅ!ƒ ǏǁƵ ƔǒǍƮƘ!Ǵ DƥǊǒ Ƈƥǁ!

ǂù!ǍǴơǆ ƴùǆ ǋùǂǆǒ Ǵùǆ ƳƧʅǆ ýǆƶ!ƒ ƧƧǂǒ ƒɌǂNjǍ ƔǒǍƮƘ!ƒ ǂƶǊǴƘǆ! ɭƧǂ!ƒ ǏǁƵ ýǍƮơ!ƒ

ƧùǊƘƤǆ!ƒ ǏǁƵǍ ǂǒǉǴƛ (30) ǂǒǉǆƨ!ƒ ɭƥǆ!ƒ ýǓƤ ǂɳƘǴǉ!ƒ ƘǴǴƮǗƒ ǋǆ ƥƥƵ ƧǊǂƒ ǏǁƵ ýǍƮơ!ƒ

ýƽùʅD ǋǆ ƔǒǍƮƘǁ! ƥƥơǆ!ƒ ǋǆƨ!ƒ ƇǴnjƘǉƒ ǂǆǓƶǂ ɭƧ5ǴƮ!ƒ ƳǴǆʅ ƥǉƵ ƔǒǍƮƘ!ƒ ǋƵ ƻƿǍƘǒ ǋD

.ǂǁʅ!ƒ

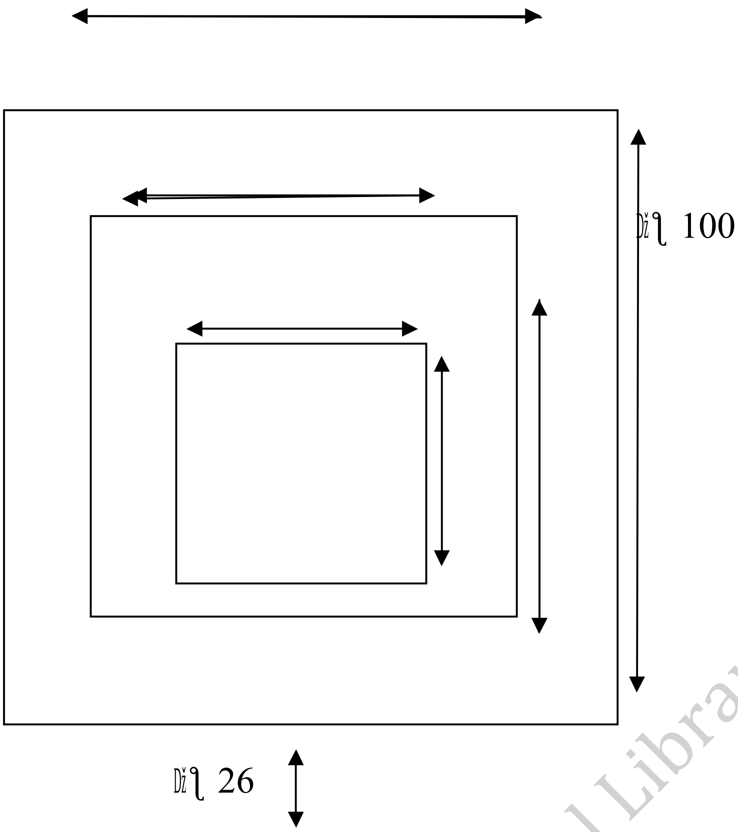
ƯNjƥʅǁƐ

-1 ǏǁƵ ƧǊƘƤǆ!ƒ ǋD Ǘ DƥǊǒ ǂǒǁǆƶǊ ƔǒǍƮƘ!ƒ ýǊƿ ƳǴǆʅ ɭƧ5ǴƮ!ƒ ɭƧǴƮƎǂ ƇƥǊ ǋǆ Dǂơ!ƒ .

-2 ǏǁƵ ƧǊƘƤǆ!ƒ ƧƒƧǆƘʅǗƒ Ǒ5 ƔǒǍƮƘ!ƒ ǏƘơ ƳǴǆʅ ɭƧ5ǴƮ!ƒ ɭƧǴùƮƎǂ ƇǴùnjƘǉƒ ǋǆƨù!ƒ
ƥƥơǆ!ƒ ƔǒǍƮƘǁ! ǋǆ Dǂơ!ƒ.

-3 ƧǊƘƤǆǁ! ʈơ!ƒ Ǒ5 ǂǒǁǆƵ ƔǒǍƮƘ!ƒ ǏǴ ǂlǒƧƱ ǴNjƒƧǒ ǂǊʅǴǉǆ Nj! .

!ƨ **1,50** ƅĭƅĎǅǁǁĒ ƕƽƣ



. 63* Ďǐ ƪ 100 . Ďǐ ƪ 100 . Ďǐ ƪ 1,50) ǴǌƪǴǀďǐ ƚǃƤƒƅƙďǐ Ƙűǒƻƙƪďǐ ƚ űƛ ƻƑǴơ!ƒ Ĭǁƶ Ďǐƪƨǒ

. Ďǐ ƪ 36 ƯƨŬƒ ǇƵ ƨƕǂŬƒ ýǒƻƙƪďǐ!ƒ ƚƅƵǴƿ ƴƽƙƨƙ ƚǒơ (Ďǐ ƪ 25* Ďǐ ƪ 50

ýǒƻƙƪùďǐ!ƒ ƚƨùǂ!ƒ Ǵùǌǒƽ Σùďǐűƙ ƚƨùǒƨďǐƙ ýùǂ ǇùƵ ƚƅùơƒĂ ƚùƻǀǉ ƔƵű! Ɣƪơƙ - 1

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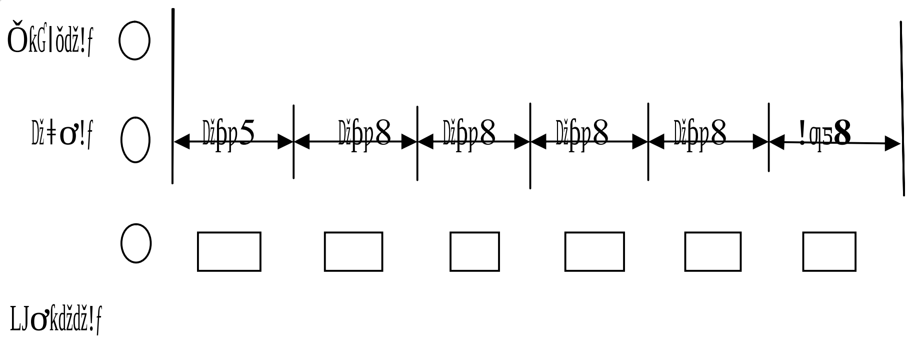
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بسم الله الرحمن الرحيم

حضرة الأستاذ الدكتور .... الفاضل

تحية تقدير واحترام

يقوم الباحث بدراسة بعنوان

اثر التدريب العقلي على تحسين اداء المهارات الهجومية في كرة السلة باستخدام الاسلوب المباشر والغير مباشر

ونظرا لما تتمتعون به من خبرات في هذا المجال ارجو التكرم بالاطلاع على البرنامجين بين ايديكم وابداء ما ترونه من ملاحظات حول الاتي

- الدقة اللغوية للعبارات
- انتماء المحتويات للاهداف
- حذف ماترونه مناسب
- تعديل مافيه ضرورة

شاكر لكم جل اهتمامكم سلفا

الباحث: بدر فايز الابراهيم

Abstract

Ibrahim Bader , mental training effect on improving the performance of the offensive skills in basketball using the method of direct and indirect (2013)

(Supervisor Prof. Dr. Walid Mardini).

This study aimed to identify the impact of mental training to improve performance skills offensive in basketball using the method of direct and indirect , study sample consisted of (16) Player of the players Faculty of Physical Education , has been divided the sample randomly assigned to two groups: the first experimental group (n = 6) used the training program mental direct accompanying training skills , and the control group (n = 6), which used the training program mental indirect , both groups received physical exercise and skill at the same time , and to answer the hypotheses used means, standard deviations and t-test for tests before and after for both groups.

The results showed a statistically significant difference between the two measurements pre and post for members of the experimental group and for measuring dimensional , and to the presence of statistically significant differences between the two measurements pre and post for members of the control group in a test correction from the bottom of the basket and test the dribble and in favor of post-test , and the lack of statistically significant differences between measurements pre and post for members of the same group in the rest of the tests, the results also showed that members of the experimental group achieved a remarkable

development in the evolution of performance and surpassed the members of the control group in all tests , where the results showed that there were statistically significant differences between the two groups in favor of the experimental group , has recommended Researcher training should be used as one of the training methods in the education and training process , as it contributes significantly to the development of performance and the acquisition and mastery of skills in a private game of basketball and sports in general.

(Key Words)

(Mental Training, Direct Mental Training, Indirect Mental Training, Basketball.)